

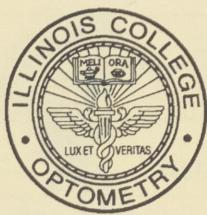
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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

January 16, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Friday, January 30, 2004 and the submission deadline is Wednesday, January 28.



CAMPUS NEWS

Recent Grants to ICO/IEI".

The Administration and faculty are constantly looking for opportunities to apply for grant funding to assist in serving both our educational and community service missions. Listed below are a few of our recent successes.

- ◆ The Grant Healthcare Foundation has made a grant of \$30,000 to support the Developmental Disabilities Service. The award will primarily provide polycarbonate glasses for DD patients (250 projected). The grant will also underwrite the purchase of two Teller Acuity Cards and will cover vision therapy for up to 10 patients.
- ◆ The E.F. Wildermuth Foundation has awarded \$15,000 to the College for student scholarships. The Wildermuth Foundation has supported ICO over a span of sixteen years with grants totaling \$137,500.
- ◆ The Bowman Lingle Trust made a grant of \$10,000 toward the Vision of Hope Health Alliance. Lingle Trust funding will cover comprehensive examinations and follow-up services to qualified patients. Additional applications for VOHHA are under consideration by ComEd and the Helen Brash and Blum-Kovler Foundations.



◆ Alcon Laboratories has awarded \$5,000 to Dr. Daniel Roberts for his research on Pigment Dispersion Syndrome. Dr. Roberts seeks to improve the understanding of factors that are related to the development of age-related and classic pigment dispersion syndromes, conditions that may contribute to the development of glaucoma.

◆ The George M. Eisenberg Foundation for Charities has awarded \$2,000 in support of the Learning Disability Clinic to provide psycho-educational testing as well as vision and/or visual perceptual therapy to those patients who are identified as having academic along with associated vision problems. This grant supplements the funding that was recently awarded by the Pearle Vision Foundation.

◆ Students, Faculty and staff interested in pursuing grant opportunities should contact David Korajczyk at ext. 7075 or at DKorajczyk@eyecare.ico.edu

Dean's List

Dr. Colip

I would like to congratulate all students with excellent performance that qualified for the Dean's List. The Dean's List is posted by the

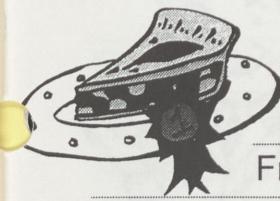
Registrar's Office outside of Student Affairs. 53% of the First Year Class qualified for the listing this past quarter, that's up considerably from last year's 34.6%. 22.6% of Second Year students qualified, down from 24.4% last year. 32.1% of Third Years made the List, up from 24.6% last year. 53.6% of Fourth Years made the listing, up from 52.1% last year. As can be seen, all classes showed an increase in Dean's List with the exception of the Second Year Class. Perhaps we'll see their numbers increase at the conclusion of winter quarter??? Congratulations to all for your excellent performance!

Deans List

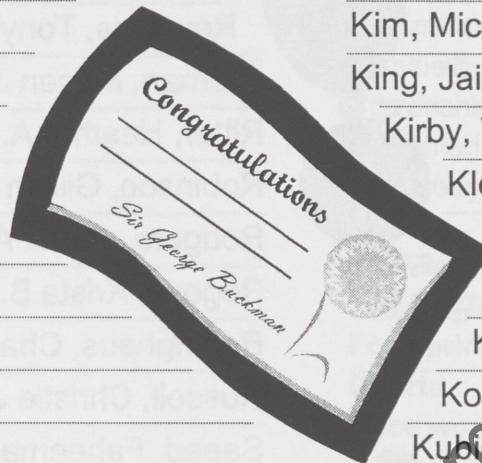
The following full-time students achieved superior academic performance during the Fall, 2003 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

Abraham, Manoj
Al-Bekai, Monzer
Alchriti, Manal H.
Allen, Megan S.
Ambeault, Megan L.
Anderson, Valerie R.
Ansari, Huma
Asano, Kaori
Assell, Charles C., III
Awan, Zainab R.
Babayeva, Karina
Babcock, Jeremy J.
Baker, Joshua C.
Balko-Rivera, Erin M.
Bangash, Mahnaz J.
Barnabei, Elizabeth A.
Berends, Jill M.
Bettley, Sara R.
Beyer, Timothy M.

Binder, Melissa L.
Birdsong, Jeffery D.
Birnbaum, Suzanne J.
Bosanko, Cory J.
Brafman, Shana B.
Bui, Cat P.
Burkhardt, Jacqueline A.
Butcko, Victoria M.
Cannon, Kristin K.
Carlson, Tammi L.
Carter, Anthony B.
Charo, Kathleen T.
Charoenchote, Wanwalee
Chaudhery, Shmyla
Choi, Grace Y.
Cleveland, Charlene L.
Colander, Brian M.
Collins, Karen M.
Corl, Timothy R.
Coscione, Luciana M.
Cottle, John L.
Crouch, Nathan A.
Davids, Jill S.
De Mares, Ryan`` N.
Della Vedova, Nathaniel N.
Demers, Michael S.
Dhaliwal, Samandeep S.
Draper, Megan M.
Drosis, Tanya
Dzik, Jeffrey D.
Elston, Phillip R.
Erickson, Kendra D.
Eschmann, Alan P.
Evers, Reeve R.
Fahmy, Mona M.
Feldman, Kristie A.
Fischer, Londa L.



Frame, Christopher D.
Fredrickson, Sara A.
Frisbie, Laura M.
Fuller, Lisa J.
Gabbard, Beth R.
Gallagher, Maria A.
Gandham, Lakhbir S.
Gandham, Tarndip S.
Garvey, Katherine A.
Getty, Joel T.
Gill, Mandip S.
Gill, Sukhdev S.
Gooding, Cheryl L.
Gregg, Sarah J.
Grostick, Darcy L.
Gudas, Jennifer M.
Gundecha, Mala
Gunina, Mariya
Gupta, Neel K.
Haas, Theresa A.
Hanno, Elizabeth K.
Hannoun, Selma
Hansson, Anders S.
Harapiak, Alison
Harmych, Melissa C.
Havens, Erin E.
Herman, Tate M.
Hertzberg, Katherine H.
Hileman, William S.
Ho, Serena D.
Hobbs, Amanda M.
Hoeppner, Jennifer M.
Holser, Patrick G.
Horein, Melissa C.
Horvath, Andrew V.
Hunter, Lyndsay J.
Hunter, Richard D.



Hwang, Grace J.
Jang, Jeehye K.
Johar, Navpreet
Johnston, Joshua K.
Josephs, Andrew M.
Kang, Hyungsok
Kaniaris, Margarita G.
Kart, Alisa
Kathiravelu, Saravanesh
Kaur, Bimal
Keller, Alana L.
Kelley, Douglas E.
Khorram, Kambiz
Kim, Michelle H.
King, Jaime L.
Kirby, Vanessa
Klemens, Adam B.
Kleva, Julie
Kljajich, Juliana
Ko, Anne N.
Korthals, Mark A.
Kubicki, Leon F.
Kudlao, Kristie J.
LeBrosse, Deana R.
LaPlaca, Theresa M.
Lagina, Amy L.
Larson, Tamra L.
Laszcz, Karina V.
Le, Trang D.
Lee, Carol H.
Lee, Joo W.
Lezondra, Beverly J.
Lindemulder, Janna F.
Lloyd, Emily A.
Lock, Michael C.
Lopykinski, Michael J.
Loy, Jeremy E.



Loy, Kristy M.
Luker, Lindsay A.
Ly, Huong D.
Lynch, Todd A.
Manternach, Jeffrey T.
Marczewski, Kristy A.
Marlowe, Megan G.
Marmur, Viktoriya
Marshall-Underwood, Tracey
Martin, David
Mataya, Amanda J.
Mathes, Marcie J.
McAbee, Natalie K.
McCann, Andrea L.
McLeod, Heather M.
Meeks, Justin J.
Melendez, Katerin A.
Mercado, Kevin J.
Merlino, Brian J.
Miesner, Nicole R.
Mistry, Kamini D.
Morrissey, Colleen M.
Mulder, Kathryn L.
Myalil, Shinu P.
Narayan, Sasha N.
Nardulli, Treacy M.
Nelson, Johanna M.
Ngo, Kim
Nguyen, Mai N.
Nguyen, Mindy C.
Nguyen, Phuong N.
Nhan, Diane T.
Norell, Eric R.
Okamura, Jaime R. K.
Ostrowska, Margaret H.
Palces, Aida C.
Palermo, Laura D.



Patel, Samir C.
Patel, Sonal R.
Peterman, Jesse N.
Pham, Vicki T.
Pietig, Todd R.
Plug, Jennifer L.
Pozza, Kimberly A.
Prasad, Hansini
Prawdzik, Karyn B.
Puskar, Sanela
Raguindin, Liezl N.
Ramos, Priscilla L.
Rana, Chirag H.
Reynolds, Tonya M.
Rieman, Megan J.
Ritter, Heather A.
Robinson, Gillian M.
Rodgers, Jenna A.
Rogoza, Krista B.
Rottinghaus, Charles A.
Russell, Christie J.
Saeed, Faheemah A.
Salmon, Elizabeth A.
Sanders, Elizabeth A.
Sanford, Sue Ann
Sant, Samuel R.
Scheiffele, Jill R.
Scheurer, Allison C.
Shakhnovskaya, Tatyana
Sheladia, Ketan K.
Shleyfer, Larisa
Siddiqui, Mona
Sierszulski, Monica B.
Sifrit, Jason A.
Silsby, Erin L.
Sirithavee, Tanapol
Sivertson, Courtney R.



Skluzacek, Kristin M.
Smedley, Ryan T.
Smith, Barbara M.
Snyder, Beth A.
Snyder, Mark A.
Sokol, Tessa L.
Sollom, Joel D.
Stalboerger, Gina
Stalzer, Brandon G.
Sullivan, Katherine M.
Switak, Jennifer R.
Szafranski, Carly L.
Szypczak, Robert M.
Takher, Sukhdeep S.
Tedder, Taylor D.
Templeman, Carrah D.
Thakkar, Grishma A.
Theesfeld, Michelle L.
Thoman, Sylvia S.
To, Andrew K.
To, Thu T.
Topolewski, Jeffery A.
Tran, Michael T.
Troychanskaya, Alla
Tsang, Timothy H.
Twenhafel, Stacy A.
Van Haaften, Kelly N.
VanDeWyngaerde, Tara N.
Vergin, Jacob B.
Vincelli, Nicholas C.
Walck, Emily M.
Waters, Tilena B.
Weibert, Julie M.
Wilkinson, David A.
Wilson, Lisa D.
Wilson, Timothy N.
Windeler, Mark R.

Wright, Carrie C.
Wyckoff, Karen A.
Yarzak, Ellen R.
Ymalay, Ian A.
Young, Lisa M.
Youngwirth, Brandy
Yun, Mikyung
Zabel, Anthony C.
Zipperstein, Shira M.
Zorzi, Christina M.

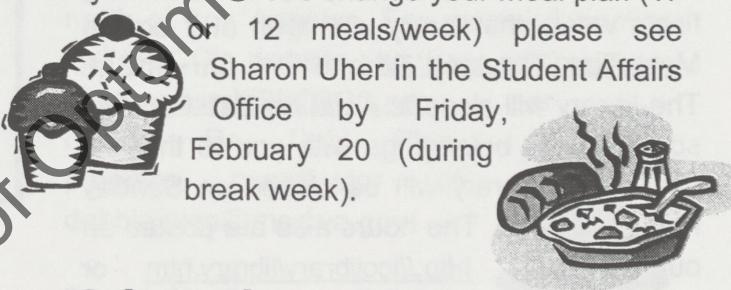
AOF Announcement

Andrea L. McCann a fourth year from ICO has been announced a winner in the American Optometric Foundation 2003 Vistakon® Acuvue® Eye Health Advisor Student Citizenship Scholarship. This award is presented to one student at each college of optometry.

Meal Plan Changes

For Spring Quarter:

If you would like to change your meal plan (17 or 12 meals/week) please see Sharon Uher in the Student Affairs Office by Friday, February 20 (during break week).



Orientation 2004 - Planning Underway

Do you have an interest in being an MC or part of the Orientation Team for new student orientation (August 17, 18 & 19)? Are you available to work during the summer? (To be on the team or be an MC you must be available throughout the week of Orientation.)

Please contact Beth Karmis, Director of Student Counseling & Enrichment by calling ext. 7415 or e-mail at bkarmis@eyecare.ico.edu.

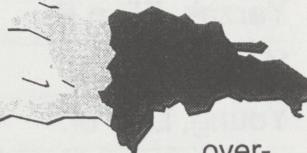


Helping Haiti

Clothing and Medication Drive

It's that time of the year

again! Time to donate any extra clothing you've outgrown and/or unneeded over-the-counter medications to the Help Haiti Clothing & Medication Drive. Boxes will be placed outside of the library and in the president's lounge. Your support is greatly appreciated by the FCO member going to Haiti this spring for the 2nd consecutive year.



Spotlight on the Library

Gerald Dujisk

Director, Learning Resources

Staff Changes.

Kathryn Johnston, Information Systems Librarian who normally writes this column, is on a leave of absence to devote her attention to her new baby, Helen Johnston Conran. All is well and she should be back in April.

Library Hours

The Library will be closed for the Martin Luther King holiday on January 19th. During finals week, the library will open at 7 am on Mon, Tue, Thu, and Fri and at 8 am on Sat. The library will close at 4 pm on Sat. Feb 14th so take your belongings with you to the last final. The Library will be closed on Sunday Feb 15 and 22. The hours also are posted on our website, <http://icolibrary/library.htm> or <http://library.ico.edu>:

AAO Posters

Have you stopped by the library lobby to see the poster on Pachymetry and Pigmentary Glaucoma by Drs. D. Roberts, M. Flynn Roberts and E. Chaglasian that has been on display? On Tuesday Jan 20th, the poster by Dr. D. Lee entitled Colometric Analysis of the AAO HRR and the Richmond 4th Edition HRR Color Vision Tests will be displayed.

Library Scanners

OCR (optical character recognition) software

is installed on Dell03 and Dell09. They have the HP scanners connected to them. Omnipage 14 allows you to scan a document into Word so that you can edit the text. This is very helpful when you have a print of a document but have lost the actual file.

Full Text Journals

The internal library web page has a new listing of full text journals available to you at the College. EBSCOHOST lists several hundred titles. Check it out at <http://icolibrary/library.htm> and choose Full Text Sources.

Internet Access and Your Laptop.

Each carrel in the library is equipped with an orange or black network jack (RJ45). If your laptop has a network jack or a PCMCIA network card, you can log into the internet at any carrel in the library. Media Circulation has network cables that you may borrow for a day. Use your ICO username and password for the Border Manager (the same one that you use for your ICO email account). Let Mr. Dujisk know if you have any problems.

School or Not

Please call ICO's weather hotline if you are in doubt about school closings due to weather...312-949-SNOW.



Attention Fourth Year Students – Commencement Announcements

Commencement announcements will be personalized with your name and degree printed into the text of the announcement along with the time, date and place of the ceremony. Information from C-B Announcements LLC has been placed in your mailboxes explaining all package and payment options.

Commencement Information

Commencement Capstone Program – will take place on Wed., May 19, 2004. Commencement rehearsal will also take place on Wed., May 19th in Rockefeller Chapel on the University of Chicago campus. Time and details to be announced.

Commencement for the Class of 2004 will be held on Sat, May 22, 2004 at 1pm in Rockefeller Chapel.

CLASSIFIEDS

No Classifieds this time.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Missouri

Information is now available in the Residency Folder in the Student Affairs Office on the University of Missouri at St. Louis' residency programs. The following are included:

At UMSL:

Pediatrics /Binocular Vision
Cornea/Contact Lens

Affiliated with VA Hospitals:

Primary Care/Geriatrics at St. Louis VA
Primary Care/Ocular Disease at Columbia VA
Ocular Disease and Low Vision Rehabilitation at Kansas City VA

Virginia

VAMC Salem, Virginia:
Hospital-based primary care optometry, affiliated with Southern College of Optometry. Try www.sco.edu/residency/descriptions.html for more information.



New York

New program offered by SUNY in Vision Rehabilitation (Acquired Brain Injury)/Primary Eye Care



Tennessee

Residency in Refractive and Ocular Surgery at the Wang Vision Institute, Nashville, TN. Affiliated with Indiana University School of Optometry. (Note - this program was inadvertently not included on the ORMS website. It should be available there soon.)

California

New Residency Program in Geriatrics and Primary Care Optometry

A new residency program at the VA Santa Barbara Community Based Outpatient Clinic is available for next year. It is affiliated with the Southern California College of Optometry. This residency in Geriatrics and Primary Care Optometry places an emphasis on ocular disease and ocular manifestations of systemic disease in a multidisciplinary environment. Santa Barbara is a beautiful coastal community located approximately one hour north of Los Angeles. For more information, visit SSCO's website <http://scco.edu/residency/residenciespdf/SBCBOC.pdf>, or contact Dr. Debi Plan, program coordinator at debbie.plan@med.va.gov.



Pennsylvania

Information is now available in the Student Affairs Office for Residency Programs at Pennsylvania College of Optometry's Eye Institute.

Programs include:

- Primary Eye Care
- Pediatric Optometry/Vision Therapy
- Low Vision Rehabilitation
- Cornea and Contact Lens

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
New Hampshire Optometric Association (NHOA)	<ul style="list-style-type: none"> • New Hampshire resident 	\$1,000 to \$2,000	No Deadline
Alcon 4th Year Optometry Student 2004 Scholarship Award – Case Study	<ul style="list-style-type: none"> • 4th Year • Write a case report that uses Alcon products 	\$1,000 National winner will receive additional \$5,000	January 31, 2004 – To Student Affairs Office
Student Member of the Year Award Optometric Physicians of Washington	<ul style="list-style-type: none"> • 4th year OPW student member • professional leadership, academic achievement and public concern 	Plaque	February 1 st , 2004
American Optometric Association Student Leadership Award	<ul style="list-style-type: none"> • Third year student • Leadership role • One page curriculum vita • Statement about leadership role 	\$1,000	February 2, 2004 – To Student Affairs Office
Chicago Area Schweitzer Fellows Program	<ul style="list-style-type: none"> • Health professions, Graduate level-degree in Chicago Area • Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life • Projects include 200 hours direct service, Site mentor, Faculty Mentor, Written report 	\$2,000 stipend	Applications received by Friday, Feb 6, 2004 to The Chicago Area Schweitzer Fellows Program c/o Health ad Medicine Policy Research Group 29 E. Madison Street, Ste 602, Chicago, IL 60602 www.hmprg.org
2003-2004 Secretary's Award for Innovations in Health Promotion and Disease Prevention US Dept. of Health and Human Services	<ul style="list-style-type: none"> • Health Professions Students • 2,500 words or less • Health promotion project on a special population group or a preventative risk-reduction effort for targeted community 	1,500 to 7,500	February 12, 2004 http://bhpr.hrsa.gov/interdisciplinary

Multicultural Association Scholarship for the Advancement of Multiculturalism	<ul style="list-style-type: none"> • Current member of the Multicultural Association • Submit answers to 3 of 4 questions • Answers must be 1 to 3 pages in length in 10 to 12 point font 	\$500 and two awards	Deadline is February 23, 2004, in box 574 Prize will be presented on March 5, 2004 during International Night
Varilux Student Grant Award Program	<ul style="list-style-type: none"> • 3rd and 4th years • Case report on patient 	\$1,000 and entry into national judging	To Dr. Colip By March 1 st , 2004
AOA Patrick Everett Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	<ul style="list-style-type: none"> • Third year member with AOSA and AOA • Good academic standing • Submit resume • Paper less than 1500 words 	\$3,000	March 15, 2004 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.
AOSA- Vistakon Travel Grants (look under Vistakon)	<ul style="list-style-type: none"> • 300 to 500 word essay – “Optometry in the next 10 years: Where will the standard of care take us?” • Register for AOSA General Session on Thur. June 24 	2 - \$500 dollar essay winners and one \$1000 overall winner	To: Dr. Colip By March 15, 2004
The 2004 Dr. Seymour Galina Grant (Look under Galina)	<ul style="list-style-type: none"> • One 3rd year student • Paper not to exceed 1,500 word • Member of AOSA and AOA 	\$2500	To Dr. Colip By April 21, 2004
The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004

The Student Affairs Office has more information, so stop by and check it out!

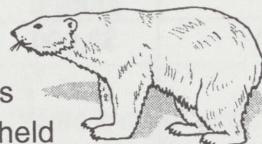
FITNESS CORNER

Winter Quarter Fitness Classes

If you have any suggestions for the winter quarter class schedule, please call Shelby at X7460. A special schedule for finals week will soon be posted outside the gym.

Polar Bear 2004

Polar Bear 2004 is on its way. Group runs will be held on Wednesdays at 11:30 am with Anthony D'Andrea. If you are interested, please meet outside the gym ready to run.



Massage Therapy

Finals are almost here and ICO has a new massage therapist to help reduce your stress.

Sharita Davis, a certified massage therapist, provides table massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Please call Shelby at x7460 for further information or to schedule an appointment.

The next session will be Wednesday, January 28.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer

FREE personal training to all students, staff, and faculty members. Your trainers Donnie Hager, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Donnie through box 46, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Top Ten Reasons to Stretch

Even if you are not involved in an exercise program, regular stretching can help in other ways. Here are the top ten reasons stretching is beneficial:

1. Decreases muscle stiffness and increases range of motion
2. May reduce your risk of injury
3. Helps relieve post-activity aches and pains
4. Improves posture
5. Helps reduce or manage stress
6. Reduces muscular tension and enhances muscular relaxation
7. Improves mechanical efficiency and overall functional performance
8. Prepares the body for the stress of activity
9. Promotes circulation
10. Decreases the risk of lo-back pain



FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

January 30, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Friday, February 13, 2004 and the submission deadline is Wednesday, February 11.



C A M P U S N E W S

Practice Opportunities Symposium

Friday, February 27, 2004

Each year ICO's Practice Opportunities Symposium is offered to showcase the variety of practice opportunities available to optometry students upon graduation. It is a great day for students, ICO alumni and area optometrists to visit, learn, share information and network with others in the profession. This year, for the presentation portion of the symposium, the panel will consist of ICO alumni who will speak on specific modalities of practices including Private Practice, Commercial Leasing, Multi-Specialty Group Practice, Laser Vision Practice, Education, Residency Program, Corporate Professional Services, Nursing Home Practice, Corporate Research, Corporate Employee, Military Optometry, Low Vision Rehabilitation Practice, etc. After the presentations there will be a Fair, in the gym, which will provide a unique opportunity for all organizations, corporations and practitioners, with current or future opportunities for optometrists, to meet at their tables with students and alumni. ICO's seventh annual Practice Opportunities Symposium will be held on Friday, February 27, 2004, starting at 1:00, in the Lecture Center, with the Fair following the lecture and concluding with a Pizza Party sponsored by ICO's Alumni Council. The key to our longevity has been the ability to remain at the forefront of

evolving conditions in the teaching and practice of optometry and the Practice Opportunities Symposium assists in this ongoing endeavor. If you should have any questions please see Lynn Petrica in Student Affairs.



Attention Graduates

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Graduation Newsletter which have been placed in your mailboxes. If you would like to participate in this tradition please complete the form and return it to Sharon Uher in the Student Affairs Office by March 8th.

2004 - 2005 RC Room Assignments

If you are interested in living in the RC for the 2004-2005 academic year, please sign up in the Student Affairs Office. The sign up sheet will be available from **Friday, January 30th at 9am** until **Friday, February 13th at 4pm**. Those who sign up will be informed of their preliminary room assignment in the first few weeks of Spring quarter.

Please contact Lyndsay Hunter (x7852), Tammi Carlson (x7809) or Sharon Uher (x7405) with any questions or concerns.

Lockers

Attention Fourth Year Students Leaving for Externship in Spring

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also, please inform Kathy in the Student Affairs Office which locker you are vacating.



Attention Fourth Year Students Arriving On-Campus from Externships

If you are in need of a locker please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

From the Mailroom:

UPS (United Parcel Service) has increased their rates for Ground Service in the domestic US. The most significant increase is for residential delivery. The difference between delivering to a Business address or a Residential address can be as much as \$4.00.



Whenever it is possible ship your packages to a Business address. This saves both time and money.

UPS and Fed Ex are both trackable and insured automatically for \$100.

If you have any shipping questions call X7085

Helping Haiti

FCO Clothing and Medication Drive

Please donate any extra clothing you've outgrown and/or unneeded over-the-counter medications to the Help Haiti Clothing & Medication Drive. Boxes are placed outside of the library and in the president's lounge. Your support is greatly appreciated.



FCO/Haiti Raffle

The FCO members traveling to Haiti during February break will be having their 2nd Annual Haiti Raffle. Some of the prizes include:

- ◆ Floral Shop Gift Certificates
- ◆ Massages
- ◆ Restaurant Gift Certificates
- ◆ Sunglasses and Accessories
- ◆ Professional Pens (Including a Waterman® Pen)
- ◆ Bookstore Items
- ◆ And many more!



Tickets go on sale Feb 2nd through Feb 5th from 11-1pm outside room 1200. At least 15 winners will be announced before finals week! Good Luck!



Spotlight on the Library

Gerald Dujisk

Director, Learning Resources

For Women Only Survey! It has been brought to the library's attention that women students may be neglected in having some general reading material to peruse when you are in the library. Stop by the library circ desk and vote for your favorite magazine. The library will subscribe to the top vote getter. Voting will end Friday Feb 27th. If you do not see your favorite title, write it in! Thanks for your help!



Titles Proposed: Redbook; O-Oprah; Mademoiselle; Health; Cosmopolitan.



More Staff Changes. Laurie Curtis, the evening Public Service Librarian since 1990 is retiring this month. She has been providing

reference service to the College on Sundays and evenings for the last 13 years. We wish her well.

Library Hours. Final week hours.

Sat 2/7	7 am to midnight
Sun 2/8	10 am to midnight
Mon/Tue Feb 9-10	7 am to midnight
Wed 2/11	8 am to midnight
Thu/Fri Feb 12-13	7 am to midnight
Sat 2/14	7 am to 5 pm.
Sun 2/15	Library closed
Mon-Fri Feb 16-20	8 am to 5 pm
Sat 2/21	9 am to 5 pm
Sun 2/22	Library Closed
Mon 2/23	Regular hours resume

The library will close at 5 pm on Sat. Feb 14th so take your belongings with you to the last final. The hours also are posted on our website, <http://icolibrary/library.htm> or <http://library.ico.edu>. Good Luck on the Finals!

AAO Posters. Are you enjoying the Posters in the library lobby? On Monday, Feb 2 we will display the poster by Drs. Teitelbaum, Newman and Tresley, entitled: Chorioretinal Lesions Secondary to West Nile Virus Infections. Check out the latest work but remember to direct all questions to the authors.

Income Tax Forms. Have you noticed the federal and Illinois income tax forms in the library lobby by the iLink online catalog computers? They are there for your convenience. The library also has a book of federal forms and publications at the circ desk that you can use to make copies of form not provided. If you are an Illinois resident, the state lets you file your taxes electronically at www.iltax.com. Federal tax forms are available for download at www.irs.gov. We hope that you like the service.

Full Text Journals Reminder. The internal library web page has a new listing of full text journals available to you at the College. EBSCO HOST lists several hundred titles.

Check it out at <http://icolibrary/library.htm> and choose Full Text Sources.

Internet Access and your laptop Reminder.

Each carrel in the library is equipped with an orange or black network jack (RJ45). If your laptop has a network jack or a PCMCIA network card, you can log into the internet at any carrel in the library. Media Circulation has network cables that you may borrow for a day. Use your ICO username and password for the Border Manager (the same one that you use for your ICO email account). Let Mr. Dujcik know if you have any problems.

***AOA National Conference,
June 23rd – 27th 2004***

So you want to go to Orlando, but you don't want to pay for it?!?! Well, AOSA has money sitting out there waiting for you! There are several opportunities for you that you just can not pass up...

- 1. Raffle.** To enter, all you need to do is go to the new AOA website (after Feb. 2nd when it is up and running) and register yourself. Be sure to put down **ICO** as your school so we can enter your name in the drawing. There will be one winner from ICO. The winner will receive a \$500 travel grant that he/she will pick up at the AOA booth in Orlando. Register by March 23rd to win!
- 2. Work in Orlando!** There are 4 positions open as CE (continuing education) monitors at the meeting. CE monitors will work a total of 12 hours, and will get paid \$10 per hour. They will also receive a lunch stipend for the days worked and a free room. For an application, drop a note in Katie's (#686), Bre's (#108), or Al's (#566) mailbox!
- 3. Write an essay!** There are two \$500 Vistakon travel grants available for the winners of an essay contest. Essays should be about "Optometry in the next ten years: Where will the standard of care take us?" Submit

essays to Student Affairs Office by March 15th.

4. **Quiz Bowl Raffle.** For those of you attending the Quiz Bowl and Blind Spot on April 16th, you can win a \$250 travel grant! When you make the \$5 donation for all-you-can-eat and drink, your name will be entered in the drawing! The winner will be chosen at the end of the Quiz Bowl.

Aside from Orlando, there is another excellent opportunity with the AOA – a summer internship! The AOA has a summer internship in St. Louis, MO available for 1st, 2nd, and 3rd years, and an internship in Alexandria, VA available for 2nd, 3rd years. Airfare to and from the internship is paid for and interns will have a \$300 weekly stipend.

For more information on any of these events, see the AOSA bulletin board in the president's lounge! Or, you can contact Al Licup (#566), Katie Sullivan (#686), or Bre Paul (#108).

Faculty and ICO Updates

Dr Maino

Faculty Named Ezell Fellow

Dr. Sandy Block was awarded the Ezell Fellowship from the American Optometric Foundation. This Fellowship encourages individuals to pursue full-time careers in Optometric research and education in schools and colleges of optometry. The American Optometric Foundation offers fellowships to post graduate students who are pursuing a program of study in research that leads to the Masters or Ph.D. degree. Dr. Block is studying for her Ph.D. in epidemiology and maternal and child health at the UIC School of Public Health.

ICO Doc Opens New Office

ICO Faculty member, Dr. Casey Hogan, along with Dr. Bob Steinmetz are very excited about opening their new practice, Advanced Eyecare Professionals, this past September. ICO's president and many faculty, community members, and students were in attendance

during their Grand Opening in November 2003.

Major Gifts Given

ICO was pleased to announce the gift of two significant year-end charitable gift annuities. The first is from Dr. and Mrs. R.M. Kendrick of Toledo, Ohio for \$24,587. The second gift is from Dr. and Mrs. Dick Edwards of Warsaw, Indiana for \$117,919. For more information on ICO's Charitable Gift Annuity program, contact Anthony D'Andrea at (312) 949-7070.

ICO Active in AAO Meeting

Over 3100 optometrists attended the American Academy of Optometry meeting in Dallas this past December. ICO held a very successful reception hosted by Dr. and Mrs. Arol Augsburger, where approximately 100 or more alumni had an opportunity to learn about their alma mater and to catch up on old times with fellow classmates. Many faculty participated in presenting papers, posters or as volunteers within the Academy. Dr. Dominick Maino interviewed numerous Fellowship candidates as a part of his responsibilities as a member of the Admission Committee for Region III. He also attended the Pediatrics/Binocular Vision Educators SIG meeting.

AAO Fellowship!

Dr. Shmaila Tahir successfully completed all the requirements to become a Fellow in the American Academy of Optometry this past December. She and her husband also had twin boys in June of 2003. Two outstanding accomplishments!

Faculty Lectures & Presentations

Dr. Christine Allison lectured at the Illinois Lions Forum in East Peoria regarding the Special Olympics Opening Eyes Program in November. She also gave a two hour lecture at the AAO meeting this past December entitled, "The Pediatric Examination and Topical Pharmaceutical Use". Her poster "The Effects of Arteriovenous Malformation on a Teenager" which was co-authored by Drs.

Darrell Schlange, Helen Gabriel, and (2003 graduate) David Lynne were also well received.

ICO Glaucoma Specialists

Drs. Dan Roberts and Michael Chaglasian attended the Second Annual Meeting of the Optometric Glaucoma Society. Dr. Roberts is a member of the Executive Committee of the OGS. These faculty also attended the 1st Global Association of International Glaucoma Societies (AIGS) Consensus Meeting on "Structure and Function in the Management of Glaucoma," held November 13-14 in San Diego, CA. Dr. Roberts was selected to attend the 2003 Centers for Disease Control and Prevention (CDC) "Diabetes Public Health & Research Short Course." This course was attended by an international group of physicians and health care workers. He was the only eye care professional to attend the course and the first optometrist to do so.

AAO December Meeting

At the American Academy of Optometry's December annual meeting in Dallas, Dr. Kelly Frantz presented a CE lecture, "Prescribing Prism for Binocular Vision Disorders." She also administered practical examinations to two successful candidates for the Diplomate in Binocular Vision, Perception, and Pediatric Optometry. Dr. Frantz is currently vice-chair of the Academy's Binocular Vision section. Other lecturers at the AAO included: Dr. Sanford Gross (HIV/AIDS Treatment Overview 2003), Drs. Alfred Rosenbloom and Irvin Borish (ICO Alumnus) "Understanding, Evaluation and Management of the Aging Patient" and Dr. Tom Stelmack (Grand Rounds: Systemic Disease (VA Hospitals)) Dr. Jan Jurkus presented a CooperVision Soft Toric contact lens workshop at the Optometry school in Waterloo, Canada.

ICO President Busy!

Dr. Arol Augeburger, President of ICO, has had several very busy months. What is noted below is just a sample of his activities. He met

Judge Abner Mikva at IEI. He hosted Illinois Optometric Association on the ICO campus. He was interviewed by Chicago Defender and the Hyde Park Herald, Elected to Board of Rotary One. He was appointed Chair, National Optometry Hall of Fame and hosted ICO Alumni and Friends reception at The American Academy of Optometry meeting in Dallas. He met with Dr. John Townsend, Director of The Department of Veterans Affairs Optometry Services. He met Illinois Secretary of State Jesse White and attended the ICO faculty research presentations at AAO. He welcomed distinguished speakers to NOSA's Women in Optometry Symposium including National Optometric Association President, Dr. Cynthia Green, and IOA President Dr. Pam Lowe, Dr. Sun Ma, 2003 ICO grads., Dr. Eiman Gafour & Dr. Patricia Perez.

ICO Faculty

Dr. Dominick Maino, had an opportunity to use the creative side of his brain while performing during the St. Bartholomew Choir Christmas Concert. He played trumpet, sung a duet with the Director of Music, and directed the St. Bartholomew Christmas Instrumental Ensemble. You can hear his singing and trumpet playing by logging on to: <http://sbchoir.homestead.com>.

More about ICO

Admissions applications are up 10% this year over last year. ICO's annual Admissions Open House will be scheduled in early June - date TBA. This is a great time for those interested in optometry to visit the school and learn a great deal about optometry and ICO. Watch for details at www.ico.edu. Students interested in helping should see Aisha Davis.

ICO participated in several SVOSH mission trips this year with 24 students active in international missions. The first ever ICO Lions Club was recently chartered and is open to students, faculty and staff. ICO's annual Douglas School Giving Tree Project

was a huge success once again. Faculty, staff and students donated more than 428 gifts, enough for every pre-K through 8th grade student at Douglas Elementary school. Santa Claus (a.k.a. student Jason Blowe) and his elves (students and staff) distributed the gifts to the students on Dec. 19. (Pictures can be seen at <http://www.snapfish.com/share/p=30201071938482270/l=21630963>)

ACOE

Dr. Dan Roberts currently serves as an Accreditation Council on Optometric Education consultant, and in November he participated as a site team member to evaluate the Residency in Ocular Disease/Primary Care Optometry at the New York Harbor Health Care System in Brooklyn, NY. He also participated as a site team member to evaluate the Professional Optometric Degree program at the New England College of Optometry in Boston, MA.

Posters and Research Presentations at the AAO

Ninety-seven percent of ICO's posters/presentations were accepted by the AAO for presentation. Those accepted included: Posters,

- ◆ SANFORD GROSS, EILEEN GABLE: Assessment of Clinical Communication Skills by Peer Assessment in Optometric Education
- ◆ ANNE SPIES: Optometry School Faculty and Student Perception of the Ideal Number of Encounters
- ◆ CHRISTINE ALLISON, HELEN GABRIEL, DARRELL SCHLANGE: The Effects of Arteriovenous Malformation in a Teenager
- ◆ JANICE WINTERS, BETH KARMIS: Perceived Value of Procedure Tutors To Second Year Optometry Students
- ◆ EILEEN GABLE, KATHERINE GARVEY: A Survey of Nutrition Knowledge Among Optometry Students
- ◆ EILEEN GABLE: Demonstrating the Role of Optometry in Promoting Patient Health
- ◆ JILL DAVIDS, TRICIA NEWMAN, LEONARD MESSNER: Symptomatic Carotid Artery Dissection Secondary to Bilateral Fibromuscular Dysplasia
- ◆ LINDA ROUSE, DAVID ROUSE, LEONARD MESSNER: Neurocysticercosis
- ◆ BRUCE TEITELBAUM, TRICIA NEWMAN, DAVID TRESLEY: Chorioretinal Lesions Secondary to West Nile Virus Infection
- ◆ ELYSE CHAGLASIAN, MARK VETH, STEVEN DUDLEY: Tear Lactoferrin as a Predictor For Post-Lasik Refractive Outcomes
- ◆ DANIEL ROBERTS, MARY FLYNN ROBERTS, ELYSE CHAGLASIAN: Pachymetry and Pigmentary Glaucoma
- ◆ DAVID LEE: Colorimetric Analysis of the AO HRR and the Richmond 4th Edition HRR Color Vision Plates
- ◆ INGRYD LORENZANA, JANETTE DUMAS: Pars Planitis: The Pediatric Patient
- ◆ INGRYD LORENZANA, JANETTE DUMA: Rewards and Challenges of Pediatric Contact Lens Fitting
- ◆ INGRYD LORENZANA, JULIE HENRY: Visual Perceptual Deficits and Lead Poisoning
- ◆ MARSHA MALOOLEY, RENEE REEDER: Corneal Perforation in Association With Acute Hydrops Oral Presentations
- ◆ JANICE JURKUS, RICHARD HUNTER, ANDREW HORVATH, MICHAEL TRAN: Educational Debt, Mode of Practice and Satisfaction With the Profession of Optometry
- ◆ HELEN GABRIEL, KRISTY LOY, JILL SCHEIFFELE, JENNIFER SWITAK: Comparison of Microbial Growth on Contact Lenses After Digital Cleaning and Rinsing With a Multi-Purpose Solution Versus Rinsing Alone
- ◆ TRACY MATCHINSKI, JANIS WINTERS, DERRALD TAYLOR: Evaluation of Portable Electronic Magnifiers by Established Electronic Magnifier Users
- ◆ DAVID CASTELLS, SARA FREDRICKSON, MICHELLE THEESFELD, BRANDON STALZER: Proview Pressure Phosphene Tonometry: A Comparison of Accuracy With Goldmann Tonometry
- ◆ Symposiums Given

♦ LEONARD MESSNER Neuro-ophthalmic Disease Update
♦ JOAN STELMACK Low Vision and Macular Degeneration
AAO Committee Involvement, DIPLOMAT COMMITTEE ASSIGNMENTS, Kelly Frantz - Binocular Vision, Janice Jurkus - Contact Lenses, Derrald Taylor- Low Vision
FELLOWSHIP ADMISSIONS COMMITTEE ASSIGNMENT, Dominick Maino.
Twelve of ICO students were involved in poster and paper presentations.
Dominick

Orientation 2004 - Planning Underway

Do you have an interest in being an MC or part of the Orientation Team for new student orientation (August 17, 18 & 19)? Are you available to work during the summer? (To be on the team or be an MC you must be available throughout the week of Orientation.)

Please contact Beth Karmis, Director of Student Counseling & Enrichment by calling ext. 7415 or e-mail at bkarmis@eyecare.ico.edu.

Attention: Third Year Students

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 3 pm on February 25th to accept your picture selection for the 2005 graduation class composite and also to take orders for graduation pictures. We hope to have all orders returned to you before you leave for externship this summer.

School or Not

Please call ICO's weather hotline if you are in doubt about school closings due to weather...312-949-SNOW.



Attention ICO Students

In regards to Steven K. Rothschild M.D. Due to the quarter break, Dr. Rothschild has altered his office hours in the Student Wellness Center to Wednesday, February 11,

2004 from 8:30-11:30 am. This date will replace the original visit date of February 17, 2004

Meal Plan Changes

For Spring Quarter:



If you would like to change your meal plan (17 or 12 meals/week) please see Sharon Uher in the Student Affairs Office by Friday, February 20 (during break week).

C L A S S I F I E D S

I am looking for work studies for Spring quarter. Positions still needed:

Recalling Patients:

Thurs. - flexible 3 hour time block from 9 am - 7 pm, Fri. - flexible 3 hour time block from 9 am - 7 pm

Front Desk Assistant:

Mon. 4-6 pm, Tues 4-6 pm, Wed 1-3 pm, Wed 4-6 pm and Fri. 9-11 am

Please contact Dr. Anne Spies if you are interested at x7179.

Physical Diagnosis TAs and Tutors Needed !

Third and/or Fourth Year Students are needed to help TA the labs for Physical Diagnosis spring quarter. Here's your chance to hone those skills you're sure to use at some of your externships! The labs are 9-11, 11-1:00 on Tuesdays and Wednesdays and 9-11:00 on Thursdays. Please contact Dr. Gabriel at ext. 7313 or sign up at my office room 2011 in Brady if you are interested.

All Third and Fourth Year Students

FROM: Dr. Trachimowicz

RE: CLE 262.3 LAB TA POSITIONS

Interested in being a TA in the CLE 262.3 spring optometry lab? Its "clinical", its fun, you earn money while having fun.....what more could you ask for (within reason)?

If so, there are still 2-3 slots still available on the following days:

Monday 9-12

Tuesdays 9-12

Wednesdays 9-12

Responsibilities include: TA lab, grade homework, help with the practical, etc.

If interested please contact me by mail, email (RTRACHIM@ICO.EDU) or call (x7180).

Thanks in advance.

All Second, Third and Fourth Year Students

FROM: Dr. Trachimowicz

RE: HISTOLOGY LAB TA POSITIONS & TUTOR POSITIONS

Can't get enough of that histology stuff?

Wish you could review for part 1 of the National Boards? Well here is a great opportunity for you then. BOTH Lab TAs and Tutors are needed for the Spring Quarter Histology Course.

If interested PLEASE APPLY.

Labs are scheduled on:

Wed. 1-3pm and 3-5pm

Thurs. 1-3pm and 3-5pm

Fri. 1-3pm and 3-5pm

If interested please contact me by mail, email (RTRACHIM@ICO.EDU) or call (x7180).

Thanks in advance .

Tutor for Optometrist

The Kentucky Board of Optometric Examiners would like to ask for your help in finding a tutor for an optometrist who needs to retake Part I of National Boards. The Board would like to come up with a list of four or five names of individuals who would be willing to help the optometrist who lives in KY prepare for Part I exam. The e-mail address for responses is connie.calvert@ky.gov, <mailto:connie.calvert@ky.gov>

Thank you very much for your consideration of our request.

Connie Calvert, Executive Director

KY Board of Optometric Examiners

301 E. Main St., Suite 850

Lexington, KY 40507

PH: 859-246-2744

FAX: 859-246-2746

E-mail: connie.calvert@ky.gov

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs.

All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4 th Year Optometry Student 2004 Scholarship Award – Case Study	<ul style="list-style-type: none">4th YearWrite a case report that uses Alcon products	\$1,000 National winner will receive additional \$5,000	January 31, 2004 – To Student Affairs Office

Student Member of the Year Award Optometric Physicians of Washington	<ul style="list-style-type: none"> • 4th year OPW student member • professional leadership, academic achievement and public concern 	Plaque	February 1 st , 2004
American Optometric Association Student Leadership Award	<ul style="list-style-type: none"> • Third year student • Leadership role • One page curriculum vita • Statement about leadership role 	\$1,000	February 2, 2004 – To Student Affairs Office
Chicago Area Schweitzer Fellows Program	<ul style="list-style-type: none"> • Health professions, Graduate level-degree in Chicago Area • Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life • Projects include 200 hours direct service, Site mentor, Faculty Mentor, Written report 	\$2,000 stipend	<p>Applications received by Friday, Feb 6, 2004 to The Chicago Area Schweitzer Fellows Program c/o Health ad Medicine Policy Research Group 29 E. Madison Street, Ste 602, Chicago, IL 60602 www.hmprg.org</p>
2003-2004 Secretary's Award for Innovations in Health Promotion and Disease Prevention US Dept. of Health and Human Services	<ul style="list-style-type: none"> • Health Professions Students • 2,500 words or less • Health promotion project on a special population group or a preventative risk-reduction effort for targeted community 	1,500 to 7,500	<p>February 12, 2004 http://bhpr.hrsa.gov/interdisciplinary</p>
Multicultural Association Scholarship for the Advancement of Multiculturalism	<ul style="list-style-type: none"> • Current member of the Multicultural Association • Submit answers to 3 of 4 questions • Answers must be 1 to 3 pages in length in 10 to 12 point font 	\$500 and two awards	<p>Deadline is February 23, 2004, in box 574 Prize will be presented on March 5, 2004 during International Night</p>
Varilux Student Grant Award Program	<ul style="list-style-type: none"> • 3rd and 4th years • Case report on patient 	\$1,000 and entry into national judging	<p>To Dr. Colip By March 1st, 2004</p>
AOA Patrick Everett Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	<ul style="list-style-type: none"> • Third year member with AOSA and AOA • Good academic standing • Submit resume • Paper less than 1500 words 	\$3,000	<p>March 15, 2004 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.</p>

AOSA- Vistakon Travel Grants (look under Vistakon)	<ul style="list-style-type: none"> 300 to 500 word essay – “Optometry in the next 10 years: Where will the standard of care take us?” Register for AOSA General Session on Thur. June 24 	2 - \$500 dollar essay winners and one \$1000 overall winner	To: Dr. Colip By March 15, 2004
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> Second or Third year US citizen or resident aliens 	\$500 - \$3,000	April 10 to Walman Optical Company Scholarship Program www.walman.com
The 2004 Dr. Seymour Galina Grant (Look under Galina)	<ul style="list-style-type: none"> One 3rd year student Paper not to exceed 1,500 word Member of AOSA and AOA 	\$2500	To Dr. Colip By April 21, 2004
The John Gyles Education Award	<ul style="list-style-type: none"> Canadian or United States Citizen Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
The Polish Women's Civic Club, Inc.	<ul style="list-style-type: none"> US Citizen One parent of Polish heritage Chicago Area resident 	Varies	Send application by July 1 st , 2004. Must send envelope to them to get application.

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

HOT! HOT! HOT!

Get out of the cold and warm up with salsa class. Starting February 23, salsa classes will be available free of charge with Katerin Menlendez. Class will be held from 1:15-2:00 pm on Mondays and 5:15-6:00 pm on Wednesdays.

Come have fun and burn calories at the same time!

Finals and Winter Quarter Fitness Classes

Please check the bulletin board outside the gym for a listing of fitness classes during finals. The winter quarter class schedule will be posted soon.

Massage Therapy

Finals are almost here and ICO has a new massage therapist to help reduce your stress.

Sharita Davis, a certified massage therapist, provides table massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Please call Shelby at x7460 for further information or to schedule an appointment.

The next session will be Wednesday, February 11.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

Personal Training

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers Donnie Hager, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Donnie through box 46, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment

orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Why do People Hire Personal Trainers?

Do you still think personal trainers are only for the rich and famous or the very fit individual? Not anymore. Today people from all walks of life are hiring personal trainers to help them achieve a variety of goals. Here is a listing of the reasons people work with personal trainers:

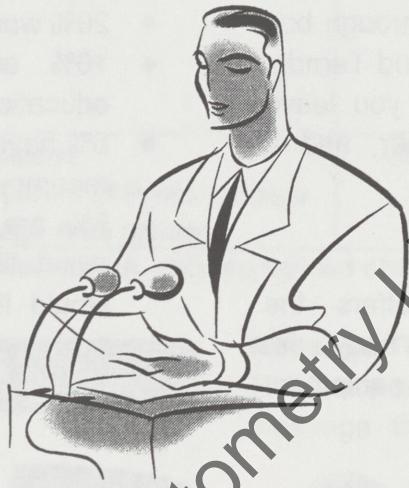
- ◆ 62% desire weight loss or improved appearance
- ◆ 20% want to boost their self-esteem
- ◆ 10% are seeking motivation and education
- ◆ 5% have health concerns or a doctor's recommendation
- ◆ 3% are getting ready for a special event like a wedding or reunion or would like help training for a event such as a 10K race



Practice Opportunities Symposium

Friday, February 27, 2004
Lecture Center & Gym
1:00 P.M.

Don't miss this unique opportunity to look to the future and the opportunities it holds for you.



“Many Faces of Optometry”

Symposium Panelists will be speaking on specific modalities of practices including Private Practice, Commercial Leasing, Multi-Specialty Group Practice, Laser Vision Practice, Education, Residency Program, Corporate Professional Services, Nursing Home Practice, Corporate Research, Corporate Employee, Military Optometry, Low Vision Rehabilitation Practice, etc. Also there will be representatives from ICO's Residency Program, Private Practitioners, EyeGrads, Cole Vision, Wal-Mart, Sterling Vision, Shooko, America's Best, LensCrafters, US Vision, Eye Care Centers of America, U.S. Army, U.S. Navy, U.S. Air Force, AOA, IOA, ICO's Alumni Association and more.....

For more information please see Lynn in Student Affairs



FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

February 13, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Friday, February 27, 2004 and the submission deadline is Wednesday, February 25.



C A M P U S N E W S

Valentine's Day Sale.

Come into the Bookstore on Friday, February 13 to celebrate Valentine's Day and receive **20% off** all apparel, novelty, plush and gift baskets.

Graduating With Honors

Dr. Colip

For those students interested in graduating "with Honors" the required cumulative GPA in each category at ICO is:
Summa Cum Laude – 3.90 to 4.00
Magna Cum Laude – 3.75 to 3.89
Cum Laude – 3.50 to 3.74
Go for it!

Zeki Nur International Student Scholarship Award

A \$500 scholarship will be awarded to two (2) international student essay winners enrolled at the Illinois College of Optometry.

Please submit an essay (no longer than one page) on a particular hardship you have endured and the motivating factors that have helped you through it. Essays should be submitted to the Student Affairs Office by March 15, 2004.

Practice Opportunities Symposium

Friday, February 27, 2004

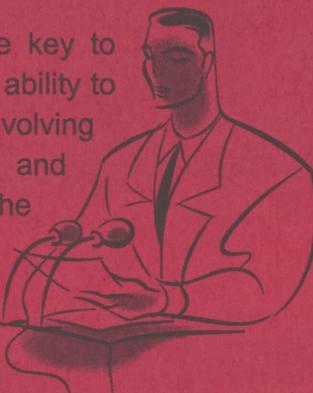
Each year ICO's Practice Opportunities Symposium is offered to showcase the variety of practice opportunities available to optometry graduates. It is a great day for students, ICO alumni and area optometrists to visit, learn, share information and network with others in the profession.

This year, for the presentation portion of the symposium, the panel will consist of ICO alumni who will speak on specific modalities of practices including Private Practice, Commercial Leasing, Multi-Specialty Group Practice, Laser Vision Practice, Education, Residency Program, Corporate Professional Services, Corporate Research, Corporate Employee, Military Optometry, Low Vision Rehabilitation Practice, and VA Hospital. After the presentations there will be a Fair, in the gym, which will provide a unique opportunity for all organizations, corporations and practitioners, with current or future opportunities for optometrists, to meet at their tables with students and alumni. ICO's seventh annual Practice Opportunities Symposium will be held on Friday, February 27, 2004, starting at 1:00 pm in the Lecture Center, with the Fair following the lecture and concluding with a Pizza Party sponsored by



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ICO's Alumni Council. The key to our longevity has been the ability to remain at the forefront of evolving conditions in the teaching and practice of optometry and the Practice Opportunities Symposium assists in this ongoing endeavor. If you should have any questions please see Lynn Petrica in Student Affairs. Plan on attending, you'll be glad you did.



Petrica

Congratulations

Congratulations to 4th Year student Michael Lopykinski on being awarded a \$2000 Heart of America Scholarship Grant. Mike was one of five optometry students in the midwest to receive an award and he will accept the award in Kansas City this weekend at the Heart of America Conference. Congratulations Mike!

Congratulations to 4th Year Class Rep. Kamran Ahrar, and his wife, Jennifer, on the birth of their son Ethan Keyon Ahrar. Ethan was born on Feb. 8th and all are doing well. Ethan will be in the ICO Class of 2031.

Attention O.D. Degree Candidates

Commencement Activities

Mark your calendars for May 19th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with Commencement rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 22. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2004 will be held at Ida Noyes Hall immediately following

the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention.

2004 Commencement Choir



Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Kamran Ahrar Box 121 or Ryan Haiar box 172 or email Kamran at kahrar@hotmail.com or Ryan at rhaiar@hotmail.com at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Attention O.D. Degree Candidates

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Graduation Newsletter which have been placed in your mailboxes. If you would like to participate in this tradition please complete the form and return it to Sharon Uher in the Student Affairs Office by March 8th.

Lockers

Attention Fourth Year Students Leaving for Externship in Spring

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also, please inform Kathy in the Student Affairs Office which locker you are vacating.



Attention Fourth Year Students Arriving On-Campus from Externships

If you are in need of a locker please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

Spotlight on the Library

Gerald Dujcik
Director, Learning Resources



For Women Only Survey!

Voting ends Friday Feb 27th! Stop by the library circ desk and vote for your favorite magazine. 90 Ballots turned in already. Top vote getter is Cosmopolitan. Self is a strong write in candidate. Mademoiselle and O-Oprah are also strong contenders. Thanks for participating!

Library Hours. Break week.

Sat 2/14	7 am to 5 pm.
Sun 2/15	Library closed
Mon-Fri Feb 16-20	8 am to 5 pm
Sat 2/21	9 am to 5 pm
Sun 2/22	Library Closed
Mon 2/23	Regular hours resume

Quiet in the Library! Students have asked that the study carrel areas on the first and second floor be considered **QUIET** areas. Please respect the wishes of your colleagues.

AAO Posters. Tear Lactoferrin as Predictor for Post-LASIK Outcomes is the title of the poster by Drs. E. Chaglasian, M. Veth, and S. Dudley. Check out the latest work but remember to direct all questions to the authors. The poster will be up for two weeks.

Practice Management Software. RLI has provided the College with demo software for their practice management product. It is on the computers in the 2nd floor computer room, 2120. If you are a 3rd or 4th year student, you might want to play with it to determine its

value to you in your future practice. The user ID and password is **RLISYS**.

Computer Chairs. The library has purchased 10 computer chairs for the 10 computer stations that were installed last fall. Enjoy the comfort!

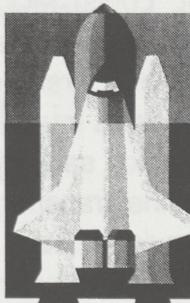
Printing/Copying in the Library. Changes are coming to the printing and photocopy service in the library and RC. In the Spring quarter, you will swipe your ID cards to either print from the computer or from the photocopier. You will be able to print to the print server and go to any of the four print stations to release the print job. More details will follow.

Income Tax Forms. Federal and Illinois income tax forms are available in the library lobby by the iLink online catalog for your convenience. The library also has a book of federal forms and publications at the circ desk that you can use to make copies of forms not provided. If you are an Illinois resident, the state lets you file your taxes electronically at www.iltax.com. Federal tax forms are available for download at www.irs.gov. We hope that you like the service.

Internet Access and your laptop Reminder. Each carrel in the library is equipped with an orange or black network jack (RJ45). If your laptop has a network jack or a PCMCIA network card, you can log into the internet at any carrel in the library. Media Circulation has network cables that you may borrow for a day. Use your ICO username and password for the Border Manager (the same one that you use for your ICO email account). Let Mr. Dujcik know if you have any problems.

Apollo 13

Capt James Lovell of Apollo 13 will deliver the keynote address at ICO's Alumni Reunion on **November 13, 2004** at 6:00pm.



Two hundred thousand miles from earth, Captain Jim Lovell and his Apollo 13 crew faced almost certain death when their oxygen system failed, sending out the now famous line, "Houston, we have a problem". Accepting the need for change and providing sound leadership, Lovell modified the lunar module into an effective lifeboat, conserving both electrical power and water in sufficient supply, and was able to return safely to Earth. Finding immediate fame as a hero and a symbol of American Pride, Lovell was awarded many honors for his role on Apollo 13 including the Presidential Medal of Freedom, the Navy Distinguished Service Medal, and two Navy Distinguished Flying Crosses. His story was told in the epic film by Ron Howard, Apollo 13, starring Tom Hanks as Lovell, and in his book *Lost Moon*.

American Foundation for the Blind

The American Foundation for the Blind (AFB) strives to attract new participants in the vision field to attend the Josephine L. Taylor Leadership Institute (JLTLI). For JLTLI 2004, we are pleased to offer stipends that will give \$1,000 each to ten students in master's or Ph.D. degree programs who are studying in the field of blindness. The stipend covers the JLTLI registration, which includes most meals; two nights at the conference hotel, the Washington Marriott, for the nights of March 5 and March 6; and travel support of up to \$385.00.

For JLTLI program information, please visit AFB's website at <http://www.afb.org>.

Summer Student Internship

Two internships are available for the AOA in St. Louis, MO and the AOA Alexandria, VA office. The internship is 8-12 weeks and is open to first, second or third year optometry students interested in learning about the AOA. Weekly salary of \$300 and round Trip coach airline transportation to the internship city is provided. Send a letter of interest and resume to Laurie Bergman

Student/Faculty Administrator
243 N. Lindbergh Blvd.
St Louis, MO 63141
LWBergman@aoa.org.

Deadline for Letters is March 1, 2004. For more information contact the Student Affairs Office and look in the Residency Folder under AOA Summer Student Internship.

AOA National Conference, June 23rd – 27th 2004

So you want to go to Orlando, but you don't want to pay for it?!?! Well, AOSA has money sitting out there waiting for you! There are several opportunities for you that you just can not pass up...

1. **Raffle.** To enter, all you need to do is go to the new AOA website (after Feb. 2nd when it is up and running) and register yourself. Be sure to put down **ICO** as your school so we can enter your name in the drawing. There will be one winner from ICO. The winner will receive a \$500 travel grant that he/she will pick up at the AOA booth in Orlando. Register by March 23rd to win!
2. **Work in Orlando!** There are 4 positions open as CE (continuing education) monitors at the meeting. CE monitors will work a total of 12 hours, and will get paid \$10 per hour. They will also receive a lunch stipend for the days worked and a free room. For an application, drop a note in Katie's (#686), Bre's (#108), or Al's (#566) mailbox!
3. **Write an essay!** There are two \$500 Vistakon travel grants available for the winners of an essay contest. Essays should be about "Optometry in the next ten years: Where will the standard of care take us?" Submit essays to Student Affairs Office by March 15th.
4. **Quiz Bowl Raffle.** For those of you attending the Quiz Bowl and Blind Spot on April 16th, you can win a \$250 travel grant! When you make the \$5 donation for all-you-can-eat and drink, your name will be entered in the drawing! The winner will be chosen at the end of the Quiz Bowl.

For more information on any of these events, see the AOSA bulletin board in the President's Lounge! Or, you can contact Al Licup (#566), Katie Sullivan (#686), or Bre Paul (#108).

Orientation 2004 Team Player

Do you have an interest in being an MC or part of the Orientation Team for new student orientation (August 17, 18 & 19)? Are you available to work during the summer? (To be on the team or be an MC you must be available throughout the week of Orientation.)

Please contact Beth Karmis, Director of Student Counseling & Enrichment by calling ext. 7415 or e-mail at bkarmis@eyecare.ico.edu.

Attention: Third Year Students

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 3 pm on **February 25th** to accept your picture selection for the 2005 graduation class composite and also to take orders for graduation pictures. We hope to have all orders returned to you before you leave for externship this summer.

Meal Plan Changes

For Spring Quarter:



If you would like to change your meal plan (17 or 12 meals/week) please see Sharon Uher in the Student Affairs Office by Friday, February 20 (during break week).

CLASSIFIEDS

Workstudy /Research Assistant Position

available for 1st or 2nd year student

The Pediatric Outreach Program is a grant which supplies full comprehensive eye examinations to children birth to 5 years of age onsite at Headstart agencies

Duties include computer data entry, organizational activity, and communication

with head start agency administrators.

Please contact Dr. Kattouf (x7279, vkattouf@eyecare.ico.edu) for further information

Workstudy

I am looking for work studies for the following positions:

Recalling Patients - Thursdays - any 3 hour time block

Front Desk Assistant - Mon. 4-6 pm, Tues 4-6 pm, Wed 1-3 pm, Wed 4-6 pm, Fri. 9-11 am.

Please contact Dr. Spies at x7179 if interested.

Work Study position:

Choose your hours. Dr. Castells is looking for a person familiar with Microsoft Word who can do some editing to manuals. The editing is mostly format changes using the "styles" feature. Will train if needed. Please call x7247 if you are interested.

IEI Administration

Looking for work study help. Flexible 3 hour time block between 9:00 am and 4:00 pm on Wed. and Thurs. If interested call Joyce Bugno at x7211.

Physical Diagnosis TAs and Tutors Needed !

Third and/or Fourth Year Students are needed to help TA the labs for Physical Diagnosis spring quarter. Here's your chance to hone those skills you're sure to use at some of your externships! The labs are 9-11, 11-1:00 on Tuesdays and Wednesdays and 9-11:00 on Thursdays. Please contact Dr. Gabriel at ext. 7313 or sign up at my office room 2011 in Brady if you are interested.



R E S I D E N C I E S

*For more detailed information regarding

residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Multicultural Association Scholarship for the Advancement of Multiculturalism	<ul style="list-style-type: none"> • Current member of the Multicultural Association • Submit answers to 3 of 4 questions • Answers must be 1 to 3 pages in length in 10 to 12 point font 	\$500 and two awards	Deadline is February 23, 2004, in box 574 Prize will be presented on March 5, 2004 during International Night
Varilux Student Grant Award Program	<ul style="list-style-type: none"> • 3rd and 4th years • Case report on patient 	\$1,000 and entry into national judging	To Dr. Colip By March 1 st , 2004
The Azman Scholarship Award in Contact Lens Excellence/Private Practice	<ul style="list-style-type: none"> • Financial need • 3rd Year Student • 3.0 or higher GPA • Interest in Private Practice and Contact Lens research • 3 page paper 	\$4,000	Papers to Student Affairs Office by March 12, 2004
Zeki Nur International Student Scholarship Award	<ul style="list-style-type: none"> • Student of ICO • International student • Possess a student visa • Financial need • Special consideration to those who have overcome obstacles • One page essay 	Two (2) \$500	March 15, 2004
AOA Patrick Everett Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	<ul style="list-style-type: none"> • Third year member of AOSA and AOA • Good academic standing • Submit resume • Paper of less than 1500 words 	\$3,000	March 15, 2004 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.
AOSA- Vistakon Travel Grants (look under Vistakon)	<ul style="list-style-type: none"> • 300 to 500 word essay – “Optometry in the next 10 years: Where will the standard of care take us?” • Register for AOSA General Session on Thur. June 24 	2 - \$500 essay winners and one \$1000 overall winner	To: Dr. Colip By March 15, 2004

Antoinette M. Molinari Memorial Scholarship (AOF)	<ul style="list-style-type: none"> • GPA 3.5 or higher • Financial Need 	\$5,000	Deadline to Student Affairs Office: March 24, 2004
Maine Optometric Association Hilda L. Rand Scholarship	<ul style="list-style-type: none"> • Student from Maine • Financial Need • Scholastic Achievement and Character 	\$2,000	Write to: Mary M. Brooks, 56 Madison Street, Bangor, ME 04401 Deadline for Application: April 1, 2004
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> • Second or Third year • US citizen or resident aliens 	\$500 - \$3,000	April 10 to Walman Optical Company Scholarship Program www.walman.com
The 2004 Dr. Seymour Galina Grant (Look under Galina)	<ul style="list-style-type: none"> • One 3rd year student • Paper not to exceed 1,500 word • Member of AOSA and AOA 	\$2500	To Dr. Colip By April 21, 2004
American Foundation for Vision Awareness Michigan Affiliate	<ul style="list-style-type: none"> • Resident of Michigan • 3rd Year Optometry Student • "B" Average • Need financial assistance • Plan to practice in MI 	\$1,000	May 1, 2004
The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
The Polish Women's Civic Club, Inc.	<ul style="list-style-type: none"> • US Citizen • One parent of Polish heritage • Chicago Area resident 	Varies	Send application by July 1 st , 2004. Must send envelope to them to get application.

The Student Affairs Office has more information, so stop by and check it out!

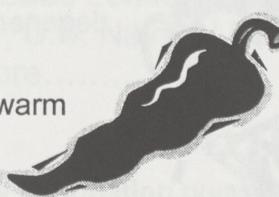
FITNESS CORNER

Calling all Runners

The ICO Running Club will start again on March 8. This club is set up to help you complete a 5K (3.2 mile) race. Walkers and runners of all levels are welcome. Sign-up sheets are due to Shelby Lalich (#32) by February 23.

HOT! HOT! HOT!

Get out of the cold and warm up with salsa class. Starting February 23,



salsa classes will be available free of charge with Katerin Melendez. Class will be held from 1:15-2:00 pm on Mondays and 5:15-6:00 pm on Wednesdays. Come have fun and burn calories at the same time!

Winter Quarter Fitness Class Schedule
Please check the bulletin board outside the gym for a listing of the winter quarter group fitness classes. Classes will begin on Monday, February 23. See you then!

Massage Therapy

Show your love for yourself or someone

else with a table massage at ICO.

Sharita Davis, a certified massage therapist, provides table massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Please call Shelby at x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

The next session will be Wednesday, February 25.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers Donnie Hager, Joel Getty, Randy Gunia, and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Donnie through box 46, Joel through box 164, Randy through box 628 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat

analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

High-Fat Processed Snack Foods May Accelerate Vision Loss

The more fat you consume, particularly in the form of store-bought cake, cookies, chips and other processed snack foods, the greater your risk of progressing to the advanced stages of macular degeneration. A Harvard study tracked the progression of macular degeneration for an average of five years in a group of 261 people who already had the early or intermediate stages of the disease.

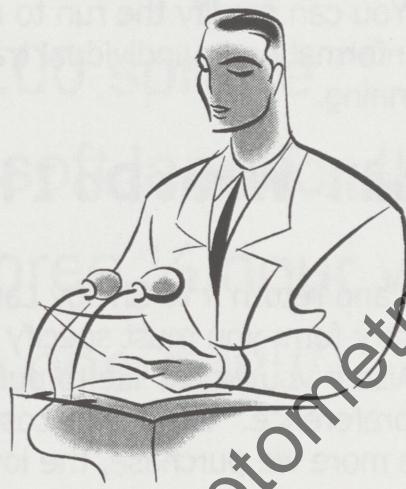
Based on the participants' questionnaires, it was determined that those with the highest consumption of fat (about 70 grams) had nearly three times the risk of progressing to advanced stages of macular degeneration in comparison to people with the lowest fat intake (about 24 grams). In addition, people who ate more than two daily servings of processed baked goods were more than twice as likely to have their disease progress.

Processed baked goods have higher levels of saturated and trans fatty acids—both of which may contribute to the hardening of blood vessels supplying the retina, the site of macular degeneration.

Practice Opportunities Symposium

Friday, February 27, 2004
Lecture Center & Gym
1:00 P.M.

Don't miss this unique opportunity to look to your future and the opportunities it holds for you.



“Many Faces of Optometry”

Symposium Panelists will be speaking on specific modalities of practice including Private Practice, Commercial Leasing, Multi-Specialty Group Practice, Laser Vision Practice, Education, Residency Program, Corporate Professional Services, Nursing Home Practice, Corporate Research, Corporate Employee, Military Optometry, Low Vision Rehabilitation Practice, etc. Also there will be representatives from ICO's Residency Program, Private Practitioners, EyeGrads, Cole Vision, Wal-Mart, Sterling Vision, Shopko, America's Best, LensCrafters, US Vision, Eye Care Centers of America, U.S. Army, U.S. Navy, U.S. Air Force, AOA, IOA, ICO's Alumni Association and more.....

For more information please see Lynn in Student Affairs



ICO Running Club

The Details

The ICO Running Club is an eight-week program designed to help prepare you for a 5k run. The program will begin on March 8 and meet twice a week. A seasoned runner, who will guide you in stretches and provide the running route, will lead the group runs. The group runs will follow the novice training program, but all levels are welcome. You can modify the run to meet your needs. Each participant will also receive information on individual training, stretching, weight training, and nutrition for running.

I'm Interested!! What Do I Have To Do?

Fill out the entry form below and return it to Shelby Lalich (#32) via campus mail by **February 23**. On the entry form you must specify the running groups you will run in, and your level. Also if you would like to purchase a t-shirt, please provide your size and color preference. The t-shirt cost will be minimal and should not exceed \$12. The more we purchase, the lower the cost!

ICO Running Club Entry Form

Name _____

Are you Student/Faculty/Staff (circle one)

ICO Department or Box # _____

Phone Number _____

T-Shirt Size _____ (\$\$\$)

Preferred T-Shirt Color _____

Running Group (Circle one group)

Tuesday/Thursday: 5:30 pm
Monday/Wednesday: 5:30 pm

Wednesday/Friday: 12:30pm and 12:00 pm

Walker

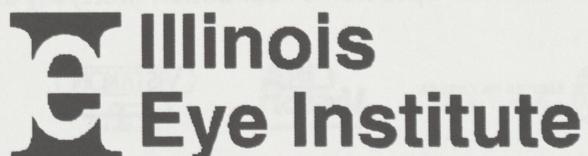
Beginner

Intermediate/Advanced

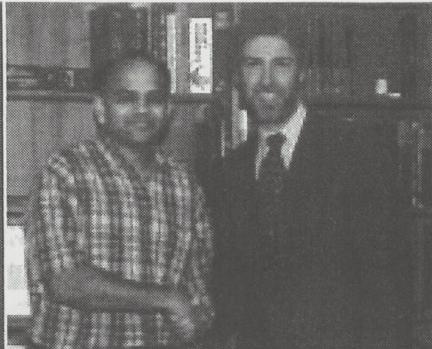
Please return it to Shelby Lalich (#32) via campus mail by **February 23**.

Six-hour Minus Contact Lens Study

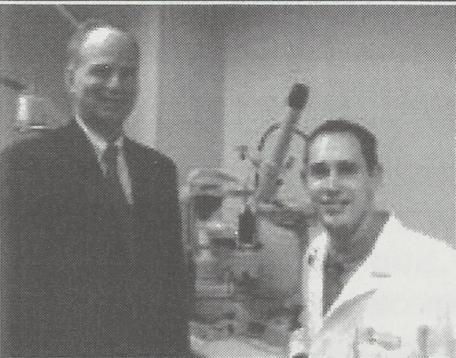
- Sunday, February 29
- -1.00 to -6.00 sphere
- Try a new soft lens for the day
- A total of three $\frac{1}{2}$ hour visits in one day
- \$75 for the one day!!!
- Call the Contact Lens Research Line if interested and to set up a time
- 312-949-7316



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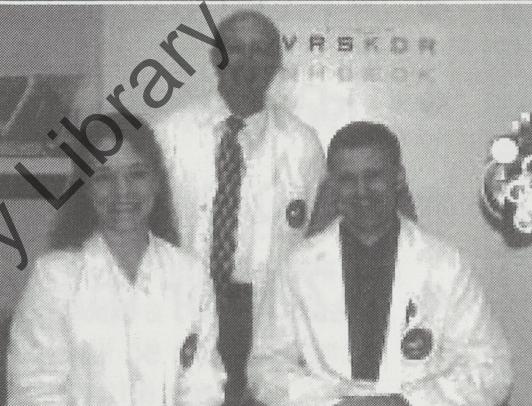
Dr. Earl Smith (right), Dean, University of Houston College of Optometry, with Dr. Srihari Narayanan, 2003 Ezell Fellow.



Dr. Gerald Lowther (left), Dean of Indiana University School of Optometry, with Dr. Pete Kollbaum, 2003 Ezell Fellow.

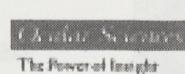
AOF's ezell fellows are the future leaders in optometry

The American Optometric Foundation's (AOF) Ezell Fellowship program has successfully supported optometry's future leaders for over 50 years. Won't you join us in investing in the future of your profession?



Dr. John Schoessler (center), Dean, The Ohio State University College of Optometry, with the 2003 Ezell Fellows, Drs. Melissa Bailey and Michael Twa.

The American Optometric Foundation gratefully acknowledges the support of our Ezell Fellowship sponsors.



The American Optometric Foundation is an affiliate of the American Academy of Optometry. For more information on AOF-funded programs or sponsorship opportunities, visit www.ezell.org.

**SPRING QUARTER 2004
EXAM
SCHEDULE**

Date: 2/11/2004

ALL EXAMS ARE GIVEN AT 8:00-8:50 AM IN ROOM 1200-1203 UNLESS OTHERWISE INDICATED			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
9-Mar T	BHS-111 Neuroanatomy Room 1200-1203		
11-Mar TH		BHS-256 Ocular Pharm Room 1200-1203	
12-Mar F	BHS-106 Histology Room 1200-1203		
16-Mar T		BHS-263.2 Ocular Disease Room 1200-1203	
17-Mar W	CLE-162.3 Optometry Room 1200-1203		CLE 376.2 Strabismus & Amblyopia Room 1201-1202
19-Mar F		CLE-262.4 Binocular Anomalies Room 1200-1203	
22-Mar M	BHS-140.2 Sensory Room 1200-1203		
23-Mar T		CLE 222 Theo & Physical Optics Room 1200-1203	
25-Mar TH			BHS 364 Nuero-Ophthalmic Disorders Room 1200-1203
26-Mar F	CLE-170 Physiological Optics Room 1200-1203	BHS-261 Physical Diagnosis Room 1201-1202	
29-Mar M	BHS-111 Neuroanatomy Room 1200-1203		
31-Mar W			CLE 379 Infant & Child Development Room 1200-1203
1-Apr TH	BHS-106 Histology Room 1200-1203	BHS-256 Ocular Pharm Room 1201-1202	
15-Apr TH		CLE-262.4 Binocular Anomalies Room 1200-1203	
16-Apr F	CLE-162.3 Optometry Room 1200-1203		
19-Apr M		CLE 222 Theo & Physical Optics Room 1200-1203	
20-Apr T	CLE-170 Physiological Optics Room 1200-1203		
22-Apr TH		BHS-263.2 Ocular Disease Room 1200-1203	CLE 376.2 Strabismus & Amblyopia Room 1201-1202
23-Apr F	BHS-111 Neuroanatomy Room 1200-1203		
26-Apr M	BHS-140.2 Sensory Room 1200-1203		
27-Apr T		BHS-261 Physical Diagnosis Room 1200-1203	
29-Apr TH	BHS-106 Histology Room 1200-1203		BHS 364 Nuero-Ophthalmic Disorders Room 1201-1202
30-Apr F		BHS-256 Ocular Pharm Room 1200-1203	
4-May T	CLE-170 Physiological Optics Room 1200-1203		

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

February 27, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Friday, March 12, 2004 and the submission deadline is Wednesday, March 10.



CAMPUS NEWS

International Students

Lavern Young, Registrar

Citizenship and Immigration Service Seminar

Mr. Robert White, an immigration attorney with the law firm of Masuda, Funai, Eifert & Mitchell, Ltd. is coming to our campus on Tuesday, March 23rd to discuss how the immigration regulations affect you as a student and will later affect you as a graduate of a United States educational institution. His discussion will include the processes for optional practical training, H1B visa, dual residency, permanent residency, etc.

Please make every effort to attend this important and informative seminar on Tuesday, March 23rd at 1:00 p.m. in the Adams Center. The seminar should last approximately 1-1½ hours.

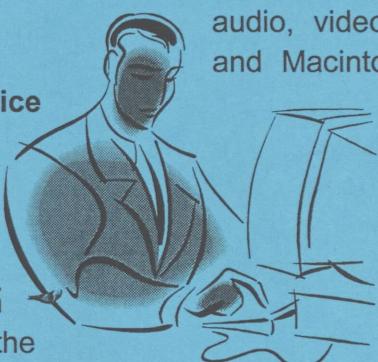
In addition, if you are graduating and plan to apply for optional practical training (one year of temporary employment in the United States), please call me at (312) 949-7430 or send me an e-mail at (lyoung@eyecare.ico.edu).

Spotlight on the Library

Gerald Dujisk

Director, Learning Resources

Silent Auction in the Library. The Library and Media Production are discarding some



audio, video, and photographic equipment, and Macintosh computers and software. A silent auction will be held in the library lobby from noon March 1 to noon, March 5. Bid sheets with minimum bids will be by each piece of equipment or software with a brief description of the item. Write down your name and box number or dept phone ext with your bid. Stop by frequently to see if someone has out bid you. You can increase the bid by the minimum increment amount listed on the bid sheet. On Friday, March 5 at noon, the bid sheets will be collected. Highest bidders will be contacted to pay for and pick up your treasure. Payment can be made to the College Cashier. All funds collected will be donated to the Faculty Scholarship fund. Students, staff, and faculty may all participate. All items are sold as is without guarantees.

Cosmopolitan Magazine Wins! 107 ballots were turned in. Cosmopolitan received 46% of the vote and has been ordered. Mademoiselle had 12% and O-Oprah received 9% of the votes. Thanks for participating!

AAO Posters. The Effects of Arteriovenous Malformation Hemorrhage in a Teenager is the title of the poster by Drs. Allison, Gabriel, Schlange, and Lynne. Check out the latest work but remember to direct all questions to

the authors. The poster will be up for two weeks.

Printing/Copying in the Library. Changes are coming to the printing and photocopy service in the library and RC. In the Spring quarter, you will swipe your ID cards to either print from the computer or from the photocopier. You will be able to print to the print server and go to any of the four print stations to release the print job. More details will follow.

Summer Research Training Program

Boston, MA

The New England College of Optometry would like to extend an invitation to qualified students from ICO to apply for their Summer Research Training Program. This program is designed for students who are eligible to apply for fellowship support derived from a research training grant (T35) from the National Eye Institute.

The program will run from June 1st – August 31st. Special arrangements can be made with the approval of the mentor and the program director. The stipend for this year will be \$5,139.00 A second summer is possible, allowing for the completion of a substantial research project.

The application form and other required materials are due by March 31st, 2004. To apply contact: Ashley McEllhiney
424 Bacon Street
Boston, MA 02115
617-236-6232
mcellhiney@ne-optometry.edu

Summer Research for 1st Years

The University of California at Berkeley School of Optometry invites applications to a summer research training program funded by the National Eye Institute. The aim of this program is to expose currently enrolled optometry students to research opportunities

for research as a career goal. Potential added bonuses are your name on a publication and/or the opportunity to present your work at the American Academy of Optometry or other scientific meetings. The program requires a full-time 10-12 week commitment. The stipend paid by this program is \$4,992.00. The closing date for application is March 19. You can find an application form on the website <http://optometry.berkeley.edu/ucbso/programs/nei/neisummer.html> or contact Gemma Soliman, Box # 430 for more information. You must be currently enrolled in an Optometry program and be a permanent resident US resident to apply. Past NEI fellowship recipients form ICO: Gemma Soliman – 2002 and Elizabeth Sanders – 2003



Wal*Mart Scholarship - \$1,000

Sharon Uber

Wal*Mart is offering a \$1,000 scholarship to a second, third and fourth year student who meets the following criteria:

- ◆ CPA minimum of 3.0 on a 4.0 scale
- Financial need (students with full scholarship that covers all expenses should not apply for this award)
- ◆ Strong leadership qualities
- ◆ Shows a desire to enter community practice upon graduation and has current/previous experience in community practice

If you meet the above criteria, please submit a letter of intent expressing your interest to the Student Affairs Office by Friday, March 12. (Detailed information as to why you qualify for this award is helpful.) Externship students can fax their letter to my attention at 312-949-7680. Thank you.

Attention O.D. Degree Candidates

Commencement Activities

Mark your calendars for May 19. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend.

The day will start with commencement rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All degree candidates are encouraged to attend the day's events.

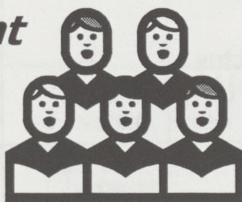
Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 22. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2004 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention.

2004 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Kamran Ahrar Box 121 or Ryan Haiar box 172 or email Kamran at kahrar@hotmail.com or Ryan at rhaiar@hotmail.com at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.



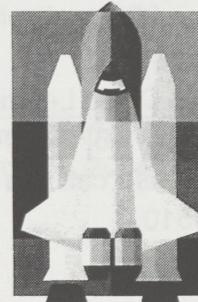
Attention O.D. Degree Candidates

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Graduation Newsletter which have been placed in your mailboxes. If you would like to participate in this tradition please complete the form and return it to Sharon Uher in the Student Affairs Office by March 8th.

Apollo 13

Capt James Lovell of Apollo 13 will deliver the keynote address at ICO's Alumni Reunion on **November 13, 2004** at 6:00pm at ICO

Two hundred thousand miles from earth, Captain Jim Lovell and his Apollo 13 crew faced almost certain death when their oxygen system failed, sending out the now famous line, "Houston, we have a problem". Accepting the need for change and providing sound leadership, Lovell modified the lunar module into an effective lifeboat, conserving both electrical power and water in sufficient supply, and was able to return safely to Earth. Finding immediate fame as a hero and a symbol of American Pride, Lovell was awarded many honors for his role on Apollo 13 including the Presidential Medal of Freedom, the Navy Distinguished Service Medal, and two Navy Distinguished Flying Crosses. His story was told in the epic film by Ron Howard, Apollo 13, starring Tom Hanks as Lovell, and in his book *Lost Moon*.



Orientation 2004 Team Player

Do you have an interest in being an MC or part of the Orientation Team for new student orientation (August 17, 18 & 19)? Are you available to work during the summer? (To be on the team or be an MC you must be available throughout the week of Orientation.)

Please contact Beth Karmis, Director of Student Counseling & Enrichment by calling ext. 7415 or e-mail at bkarmis@eyecare.ico.edu.

CLASSIFIEDS

Workstudy

Work study positions available in the Optical Service Department. Very flexible schedule. Please call Nancy DeMaso @312 949-7291 or Helen Trojanowski @312 949-7273

Work-Study Position

Any year welcome. Research Assistant - clerical and library
Basic computer skills
Please contact Dr Gross at Ext. 7314

IEI Administration

Looking for work study help. Flexible 3 hour time block between 9:00 am and 4:00 pm on Wed. and Thurs. If interested call Joyce Bugno at x7211.

TAs

Dr. David Lee needs lab TAs for Sensory II: Wed 1-3, 3-5; Thur 1-3, 3-5; Fri 1-3, 3-5. Please call him at 7174 or stop by his office at 3510.

R E S I D E N C I E S

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Minnie Flaura Turner Memorial Fund for Impaired Vision Research	<ul style="list-style-type: none">Enrolled in Member Institutions of the Association of Schools and Colleges of OptometryProvide 500-word prospectus of research that they plan to undertake in this field	\$1,000	No later than March 1 st of each year. 510-287-5222
Varilux Student Grant Award Program	<ul style="list-style-type: none">3rd and 4th yearsCase report on patient	\$1,000 and entry into national judging	To Student Affairs By March 1 st , 2004
The Azman Scholarship Award in Contact Lens Excellence/Private Practice	<ul style="list-style-type: none">Financial need3rd Year Student3.0 or higher GPAInterest in Private Practice and Contact Lens research3 page paper	\$4,000	Papers to Student Affairs Office by March 12, 2004
Wal*Mart	<ul style="list-style-type: none">GPA of 3.0 or AboveFinancial needLeadership qualities	\$1,000	To Student Affairs office by March 12, 2004
Zeki Nur International Student Scholarship Award	<ul style="list-style-type: none">Student of ICOInternational studentPossess a student visaFinancial needSpecial consideration to those who have overcome obstaclesOne page essay	Two (2) \$500	To SAO by March 15, 2004

AOA Patrick Everett Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	<ul style="list-style-type: none"> Third year member of AOSA and AOA Good academic standing Submit resume Paper of less than 1500 words 	\$3,000	March 15, 2004 to Student Affairs Office ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.
AOSA- Vistakon Travel Grants (look under Vistakon)	<ul style="list-style-type: none"> 300 to 500 word essay – “Optometry in the next 10 years: Where will the standard of care take us?” Register for AOSA General Session on Thur. June 24 	2 - \$500 essay winners and one \$1000 overall winner	To: Student Affairs By March 15, 2004
Hanson Financial Services Scholarship – 2004	<ul style="list-style-type: none"> 750 maximum word paper regarding the following topic: If life is a Journey, as they say, then these 3 key things will act as my guideposts along the way (what are your 3 KEY things?) 	\$500	To Student Affairs Offrice by March 17 th or fax to 312-949-7366, Attn: Sharon Uher
Antoinette M. Molinari Memorial Scholarship (AOF)	<ul style="list-style-type: none"> GPA 3.5 or higher Financial Need 	\$5,000	Deadline to Student Affairs Office: March 24, 2004
Maine Optometric Association Hilda L. Rand Scholarship	<ul style="list-style-type: none"> Student from Maine Financial Need Scholastic Achievement and Character 	\$2,000	Write to: Mary M. Brooks, 56 Madison Street, Bangor, ME 04401 Deadline for Application: April 1, 2004
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> Second or Third year US citizen or resident aliens 	\$500 - \$3,000	April 10 to Walman Optical Company Scholarship Program www.walman.com
Optometric Society of Greater Kansas City	<ul style="list-style-type: none"> Greater Kansas Area Second, third and fourth years 	\$500	April 15, 2004 to Optometric Society of Greater Kansas City, Lisa M. Nutt, O.D. 6000 N. Oak Trwy Suite 101 Kansas City, MO 64118
The 2004 Dr. Seymour Galina Grant (Look under Galina)	<ul style="list-style-type: none"> One 3rd year student Paper not to exceed 1,500 word Member of AOSA and AOA 	\$2500	To Student Affairs By April 21, 2004
American Foundation for Vision Awareness Michigan Affiliate	<ul style="list-style-type: none"> Resident of Michigan 3rd Year Optometry Student “B” Average Need financial assistance Plan to practice in MI 	\$1,000	May 1, 2004

The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
The Polish Women's Civic Club, Inc.	<ul style="list-style-type: none"> • US Citizen • One parent of Polish heritage • Chicago Area resident 	Varies	Send application by July 1 st , 2004. Must send envelope to them to get application.

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Calling all Runners

The ICO Running Club will start again on March 8. This club is set up to help you complete a 5K (3.2 mile) race. Walkers and runners of all levels are welcome. Sign-up sheets are due to Shelby Lalich (#32) by February 23.

HOT! HOT! HOT!

Get out of the cold with salsa class. Starting February 23, salsa classes will be available free of charge with Katerin Melendez. Class will be held from 1:15-2:00 pm on Mondays and 5:15-6:00 pm on Wednesdays. Come have fun and burn calories at the same time!



and warm up
Starting February

Winter Quarter Fitness Class Schedule
Please check the bulletin board outside the gym for a listing of the winter quarter group fitness classes. Classes will begin on Monday, February 23. See you then!

Massage Therapy

Show your love for yourself or someone else with a table massage at ICO.

Sharita Davis, a certified massage therapist, provides table massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Please call Shelby at x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

The next session will be Wednesday, February 25.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers Donnie Hager, Joel Getty, Randy Gunia and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Donnie through box 46, Joel through box 164, Randy through box 528 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

March is National Nutrition Month. Celebrate by making this Vegetarian recipe.

NEW ORLEANS RED BEANS

This vegetarian main dish is cholesterol-free, virtually fat-free, and chock full of vegetables.

1 lb dry red beans
2 qt water
1 1/2 C chopped onion
1 C chopped celery
4 bay leaves
1 C chopped green pepper
3 Tbsp chopped garlic
3 Tbsp chopped parsley
2 tsp dried thyme, crushed
1 tsp salt
1 tsp black pepper

1. Pick through beans to remove bad beans;

rinse thoroughly.

2. In a large pot combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1-1/2 hours or until beans are tender. Stir. Mash beans against side of pan.
3. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat till creamy, about 30 minutes. Remove bay leaves.

4. Serve with hot cooked brown rice, if desired.

Yield: 8 servings--Serving Size: 1-1/4 cup

Each serving provides:

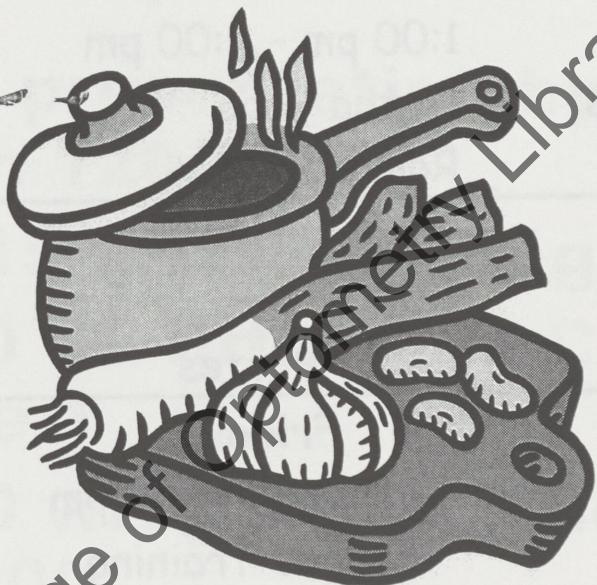
Calories: 171

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 285 m



Spring Quarter Fitness Class Schedule

Effective Monday, February 23, 2004

Mondays:

1:15 pm - 2:00 pm Salsa Katerin	4:00 pm - 5:00 pm Hatha & Power Yoga Ramona	5:15 pm - 6:00 pm Abs/Lower Body Sculpt Melissa
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Tuesdays:

12:00 pm - 12:45 pm Pilates Shelby	6:00 pm - 6:45 pm Hip Hop Melissa	7:00 pm - 8:00 pm Step and Tone Erica
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Wednesdays:

9:00 am - 9:45 am Abs Glutes & Thighs Shelby	1:00 pm - 2:00 pm Hatha Yoga Ramona	5:15 pm - 6:00 pm Salsa Katerin
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Thursdays:

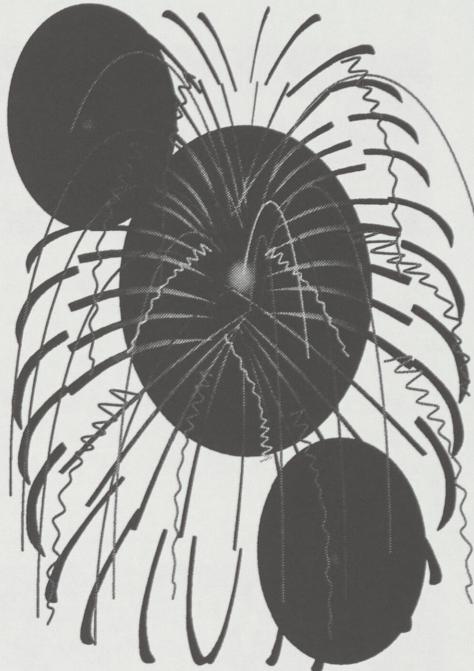
12:00 pm - 12:45 pm Pilates

Fridays:

12:00 pm - 1:00 pm Circuit Training Shelby
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• Polymer technologies
presents:
A fitting workshop for
RGP lenses



Sunday, March 14

- **Guest Speaker Dr. Steve Byrnes**
- **11-12:30 presentation by Dr. Brynes in 1200**
- **12:30-1:15 lunch in the gym**
- **1:30-3:30 CL fittings in CCCE and Suite 1**
- **3:30-4:00 wrap up and video of fits in 1200**
- **Free lenses including bifocals**
- **Interested students and patients should contact Dr. Reeder**
 - **x7297**
 - **via email at rreeder@ico.edu or drreeder@comcast.net**

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

March 12, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Friday, March 24, 2004 and the submission deadline is Wednesday, March 22.



CAMPUS NEWS

Congratulations

Dr. Messner

Congratulations are due to Primary Care Residents Dr. Michelle Chan and Dr. Andrew Pilon. Both doctors have had poster presentations accepted at the American Academy of Optometry's Hawaii '04 Global-Pacific meeting in Hawaii next month. They have been awarded \$1000 residency travel grants from Vistakon to support their work. We are very proud to have two ICO residents among the 20 who were chosen to receive these highly sought-after grants. Please join me in extending our appreciation for their quality work and dedication to the profession.



Spotlight on the Library

Gerald Dujisk

Director, Learning Resources

Silent Auction in the Library.

The Library and Media Production want to thank everyone who participated in the silent auction. Four hundred and ninety eight dollars and twenty five cents (\$498.25) was donated to the Faculty Scholarship Fund.

Printing/Copying in the Library.

Changes are coming to the printing and photocopy service in the library and RC. In the Spring quarter, you will swipe your ID cards to either print from the computer or from the photocopier. A separate flyer will be distributed later this month.

Practice Management Software.

Have you tried the **RLISYS** Practice Management software in the library? Many of the computers on the second floor have the software on the desktop. The User name and password is **RLISYS**. Try it out before you graduate! It may be something that you can use in your future practice!

Bookstore

Walsh & Hoyt's Clinical Neuro-Ophthalmology, 5th Edition by Neil R. Miller and Nancy J. Newman has arrived in the Bookstore. This book is listed as a recommended text for Dr. Messner's, Neuro Ophthalmic Disorders Course and is new to the ICO Bookstore. It is 1786 pages of valuable information and currently retails for \$199.00. Your cost is \$195.00. Volume One consists of the following: Visual Sensory System, Autonomic Nervous System, Ocular Motor System, Eyelid Function, Sensory Innervation of Eye and Orbit and Nonorganic Disease.

Please stop by to purchase all your Spring 2004 books. Most are available for purchase now.

LEA Sets are available for purchase at \$99.99. These sets includes your Pocket size Near LEA card, your Large 15 Line Folding

Distance Chart and the Near Vision Card with Cord. If you purchase prior to March 31st you will receive an additional 10% off. Please purchase early and save \$9.99!

Dr. Dominic Maino's "Photographic Experience" is on display in the Bookstore. These original and creative photos are framed and available for purchase at \$40 framed and \$20 for unframed. **All** funds raised will be donated to the "Visiting Professor Endowment Fund." Please stop by and see them!

Announcing the Bookstore Madness Sale! Save 10% on all plush items, novelty and apparel for the entire month of March! Please shop between March 1 and March 31, 2004 and receive 10% off your purchase! Quantity and sizes are limited, so shop early.

As always thank you for shopping at the ICO Bookstore.

Spring Flower Sale

The new ICO Lions club is selling lilies, tulips and hyacinths for our first fundraiser. The cost for each plant is \$12.00 and they will be available April 1st and April 2nd. Order forms should be in your box or look for them posted around school. Orders are due by Wednesday, March 17th. For questions or to receive an order form email Cheryl at chirb7@hotmail.com. Thanks for your support.



International Students

Lavern Young, Registrar

Citizenship and Immigration Service Seminar

Mr. Robert White, an immigration attorney with the law firm of Masuda, Funai, Eifert & Mitchell, Ltd. is coming to our campus on Tuesday, March 23rd to discuss how the immigration regulations affect you as a student and will later affect you as a graduate of a United States educational institution. His discussion will include the processes for

optional practical training, H1B visa, dual residency, permanent residency, etc.

Please make every effort to attend this important and informative seminar on Tuesday, March 23rd at 1:00 p.m. in the Adams Center. The seminar should last approximately 1-1½ hours.

In addition, if you are graduating and plan to apply for optional practical training (one year of temporary employment in the United States), please call me at (312) 949-7430 or send me an e-mail at (lyoung@eyecare.ico.edu).

RC Phone Notice

Due to recent rate increases on Directory Assistance calls by our vendors, the cost of using Directory Assistance (411, XXX-555-1212, etc) from college and RC phones is now \$1.30 per call.

George G. Abenius

Telecommunications Administrator

The AOSA Advantage

So you want to know why it is so fabulous to be an AOSA member? Just check out these great benefits that each of you will receive throughout your four years at ICO.

First year: T-shirts, ocular tracing templates, clinical clipboards, and CIBA occluders.

Second year: PDR drug books and glossary/reference guides.

Third year: Third party pocket reference, VSP screwdriver kits, and BV kits

Fourth year: Children's Vision CD binder and FRAMES book discount.

All members: Binders, Varilux lens cloths, Foresight newsletter, FREE membership to Contact Lens and Cornea section of AOA, Choice Hotel Significant Organizations Savings (SOS), Student Resource Health Insurance, AOA advantage Student Debt Consolidation, and access to Optometry Career Center website.

Want to get involved in AOSA, but don't know how?

AOSA is currently accepting applications for AOSA National Liaisons. Available positions include:

- ◆ American Academy of Optometry (AAO)
- ◆ Armed Forces Optometric Society (AFOS)
- ◆ American Optometric Association Political Action Committee (AOA PAC)
- ◆ American Public Health Association (APHA)
- ◆ American Regulatory Board of Optometry (ARBO)
- ◆ Association of Schools and Colleges of Optometry (ASCO)
- ◆ College of Vision Development (COVD)
- ◆ National Board of Examiners in Optometry (NBEO)

To learn more about these positions you can visit the AOSA Temporary website at <http://209.82.210.5/aosadev/eweb/DynamicPage.aspx?site=AOSA&WebCode=OptOrg>.

How do I get involved with this great opportunity? Please submit a brief paragraph stating which of the eight positions you are most interested in, why you think you would be a good candidate for that position, and what experience you have. Turn in applications to either Al Licup (#566) or Breanne Paul (#108) by Friday, March 26.

NOSA Service Award

The National Optometric Student Association is offering a \$250 service award to an NCO student who meets the following criteria:

- ◆ Current member of NOSA
- ◆ Good academic standing
- ◆ Submit a brief statement addressing NOSA's mission

If you are interested, please stop by the Student Affairs Office for more information or contact Samantha Hair, box 351, ext 7849.

Walman Scholarship

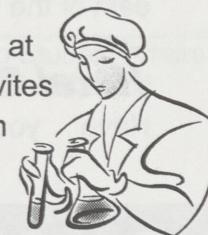
This year Walman Optical has allocated \$60,000 for Optometry School scholarships!

Three years ago Walman established this program to help encourage and assist students at schools of Optometry. This program is administered by Scholarship Management Services, a department of Citizens Scholarship Foundation of America, Inc. (CSPA) CSPA is a national nonprofit educational support and student aid service organization that seeks to involve and assist the private sector in expanding educational opportunities and encouraging educational achievement. Awards are granted without regard to race, color, creed, religion, gender, disability, or national origin.

Each of you should have received by now, the program details and applications. Application postmark deadline is April 10, 2004. If you have not received this information, simply go to the Walman web site at www.walman.com <<http://www.walman.com/>>, and click on Eye Care Professional Scholarship Program. This will give you all details needed and student applications.

Summer Research for 1st Years

The University of California at Berkeley School of Optometry invites applications to a summer research training program funded by the National Eye Institute. The aim of this program is to expose currently enrolled optometry students to research opportunities for research as a career goal. Potential added bonuses are your name on a publication and/or the opportunity to present your work at the American Academy of Optometry or other scientific meetings. The program requires a full-time 10-12 week commitment. The stipend paid by this program is \$4,992.00. The closing date for application is March 19. You can find an application form on the website <http://optometry.berkeley.edu/ucbso/programs/nei/neisummer.html> or contact Gemma Soliman, Box # 430 for more information. You must be currently enrolled in an Optometry program and be a permanent



resident US resident to apply. Past NEI fellowship recipients form ICO: Gemma Soliman - 2002 and Elizabeth Sanders - 2003

Attention O.D. Degree Candidates

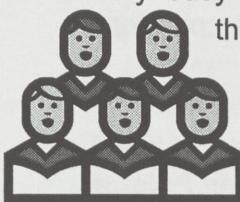
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Hotel Rooms

Have you reserved hotel rooms for



2004 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Kamran Ahrar Box 121 or Ryan Haiar box 172 or email Kamran at kahrar@hotmail.com or Ryan at rhaiar@hotmail.com at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

C L A S S I F I E D S

No Classifieds at this time

R E S I D E N C I E S

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The Azman Scholarship Award in Contact Lens Excellence/Private Practice	<p>Financial need</p> <ul style="list-style-type: none">• 3rd Year Student• 3.0 or higher GPA• Interest in Private Practice and Contact Lens research• 3 page paper	\$4,000	Papers to Student Affairs Office by March 12, 2004
Wal*Mart	<ul style="list-style-type: none">• GPA of 3.0 or Above• Financial need• Leadership qualities	\$1,000	To Student Affairs office by March 12, 2004

Zeki Nur International Student Scholarship Award	<ul style="list-style-type: none"> • Student of ICO • International student • Possess a student visa • Financial need • Special consideration to those who have overcome obstacles • One page essay 	Two (2) \$500	To SAO by March 15, 2004
AOA Patrick Everett Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	<ul style="list-style-type: none"> • Third year member of AOSA and AOA • Good academic standing • Submit resume • Paper of less than 1500 words 	\$3,000	<p>March 15, 2004 to Student Affairs Office</p> <p>ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.</p>
AOSA- Vistakon Travel Grants (look under Vistakon)	<ul style="list-style-type: none"> • 300 to 500 word essay – “Optometry in the next 10 years: Where will the standard of care take us?” • Register for AOSA General Session on Thur. June 24 	2 - \$500 essay winners and one \$1000 overall winner	To: Student Affairs By March 15, 2004
Hanson Financial Services Scholarship – 2004	<ul style="list-style-type: none"> • 750 maximum word paper regarding the following topic: If life is a Journey, as they say, then these 3 key things will act as my guideposts along the way (what are your 3 KEY things?) 	\$500	To Student Affairs Office by March 17 th or fax to 312-949-7680, Attn: Sharon Uher
Antoinette M. Molinari Memorial Scholarship (AOF)	<ul style="list-style-type: none"> • GPA 3.5 or higher • Financial Need 	\$5,000	Deadline to Student Affairs Office: March 24, 2004
Maine Optometric Association Hilda L. Rand Scholarship	<ul style="list-style-type: none"> • Student from Maine • Financial Need • Scholastic Achievement and Character 	\$2,000	<p>Write to: Mary M. Brooks, 56 Madison Street, Bangor, ME 04401</p> <p>Deadline for Application: April 1, 2004</p>
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> • Second or Third year US citizen or resident aliens 	\$500 - \$3,000	<p>April 10 to Walman Optical Company Scholarship Program</p> <p>www.walman.com</p>
Optometric Society of Greater Kansas City	<ul style="list-style-type: none"> • Greater Kansas Area • Second, third and fourth years 	\$500	<p>April 15, 2004 to Optometric Society of Greater Kansas City, Lisa M. Nutt, O.D.</p> <p>6000 N. Oak Trwy Suite 101 Kansas City, MO 64118</p>

National Optometric Student Association Service Award	<ul style="list-style-type: none"> • Student of ICO • Member of NOSA • Good Academic Standing • Complete application in Student Affairs • Brief statement on NOSA's mission statement 	\$250	April 16, 2004
The 2004 Dr. Seymour Galina Grant (Look under Galina)	<ul style="list-style-type: none"> • One 3rd year student • Paper not to exceed 1,500 word • Member of AOSA and AOA 	\$2500	To Student Affairs By April 21, 2004
American Foundation for Vision Awareness Michigan Affiliate	<ul style="list-style-type: none"> • Resident of Michigan • 3rd Year Optometry Student • "B" Average • Need financial assistance • Plan to practice in MI 	\$1,000	May 1, 2004
Dr. Robert Johnson Pediatric/Vision Therapy Award (NOA) Look under Johnson	<ul style="list-style-type: none"> • 2.5 GPA or higher • Third and Fourth year • NOSA Member • Community involvement • 300 paper and aspirations 	\$1,000	Send application to Dr. Tanya Parks by May 15, 2004
The Cave Memorial Award (NOA) Look under Cave	<ul style="list-style-type: none"> • Member of NOSA • Financial need • Community involvement • GPA of 2.5 or higher • First, Second or Third years 	\$1,000	Send application to Dr. Tanya Parks by May 15, 2004
The John L. Howlette and C. Clayton Powell Student Founders Award (NOA) Look under Howlette	<ul style="list-style-type: none"> • Good academic standing • Current NOSA Member • Demonstrates leadership in profession and community • First, Second or Third year 	\$1,000	Send Application to Dr. Tanya M. Parks by May 15, 2004
The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
The Polish Women's Civic Club, Inc.	<ul style="list-style-type: none"> • US Citizen • One parent of Polish heritage • Chicago Area resident 	Varies	Send application by July 1 st , 2004. Must send envelope to them to get application.

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Spring Into Motion

If your New Year resolutions came and went, or if you want to recharge your current health program, try the spring health incentive program Spring Into Motion. The program will begin March 29. For more information about the program, stop by the spring health fair on March 23.



Polar Bear Run

All log sheets and evaluations are due to Shelby today, March 12. If you would like to receive a t-shirt, you must hand everything in by the due date.

Massage Therapy

Does this long winter have you feeling sluggish? If so, revive yourself with a table massage at ICO.

Sharita Davis, a certified massage therapist, provides table massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Please call Shelby at x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

The next session will be Wednesday, March 24.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers Ferine Ali, Donnie Hager, Joel Getty, Randy Gunia Danny David and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine through 302, Donnie through box 46, Joel through box 164, Randy through box 528, Danny through box 508 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

How Much is too Much?

Sodium consumption should be limited to 2,400 milligrams or less per day, unless someone has a medical condition that requires a stricter limit. The greatest reason people limit sodium intake is to control high blood pressure. When people keep sodium within this recommended level and eat more fruit, vegetables and beans, blood pressure drops markedly. People who can't control their blood pressure with this limit and a mostly plant-based diet might find a limit of 1,500 mg effective. This low level requires careful food selection. Opt for fresh foods over canned or pre-packed foods, and always check food labels when they are available.

Information provided by AICR



ICO's Spring Health and Fitness Program

Tuesday, March 23, 2004

11:00 am - 2:00 pm

Gymnasium

The student wellness center and fitness center will offer the following services free of charge:

- Cholesterol screening
- Blood Sugar screening
- Blood Pressure checks
- Body composition analysis (4 hour fast/no food or exercise prior)
- Muscle endurance testing
- On-line mental health screening
- Massage therapy
- Chiropractic screenings
- Spring health and fitness take-home flyers
- Healthy treats
- Games and raffle



ILLINOIS COLLEGE OF OPTOMETRY

SPRING 2004

SCHEDULE OF SPRING QUARTER FINAL EXAMS

March 3, 2004

	FRIDAY	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	May 7	MAY 8	MAY 10	MAY 11	May 12	MAY 13	MAY 14	MAY 15
9:00 – 11:00		BHS 140.2 Sensory Aspects of Vision	CLE 170 Physiological Optics	CLE 162.3 Optometry		BHS 111 Neuroanatomy & Neuro- physiology	CLE 262.4 Intro to Binocular Anomalies	BHS 106 Histology
1:45 – 3:45			CLE 376.2 Strabismus & Amblyopia	CLE 379 Infant & Child Development	BHS 263.2 Ocular Disease II	BHS 364 Neuro- Ophthalmic Disorders		
2:30-4:30		BHS 222 Theo & Physio Optics						
3:45 – 6:30	BHS 261 Physical Diagnosis							
4:00 – 6:00			BNS 256 Ocular Pharmacology					

**ATTENTION:
MAKE-UP DATES ARE MAY 17 AND 18**

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ALL EXAMS ARE GIVEN AT 8:00-8:50 AM IN ROOM 1200-1203 UNLESS OTHERWISE INDICATED			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
09-Mar T	BHS-111 Neuroanatomy Room 1200-1203		
11-Mar TH		BHS-256 Ocular Pharm Room 1200-1203	
12-Mar F	BHS-106 Histology Room 1200-1203		
16-Mar T		BHS-263.2 Ocular Disease Room 1200-1203	
17-Mar W	CLE-162.3 Optometry Room 1200-1203		CLE 376.2 Strabismus & Amblyopia Room 1201-1202
19-Mar F		CLE-262.4 Binocular Anomalies Room 1200-1203	
22-Mar M	BHS-140.2 Sensory Room 1200-1203		
23-Mar T		BHS 222 Theo & Physical Optics Room 1200-1203	
26-Mar F	CLE-170 Physiological Optics Room 1200-1203	BHS-261 Physical Diagnosis Room 1201-1202	
29-Mar M	BHS-111 Neuroanatomy Room 1200-1203		
31-Mar W			CLE 379 Infant & Child Development Room 1200-1203
01-Apr TH	BHS-106 Histology Room 1200-1203	BHS-256 Ocular Pharm Room 1201-1202	
15-Apr TH		CLE-262.4 Binocular Anomalies Room 1200-1203	
16-Apr F	CLE-162.3 Optometry Room 1200-1203		
19-Apr M		BHS 222 Theo & Physical Optics Room 1200-1203	
20-Apr T	CLE-170 Physiological Optics Room 1200-1203		BHS 364 Nuero-Ophthalmic Disorders Room 1200-1203
22-Apr TH		BHS-263.2 Ocular Disease Room 1200-1203	
23-Apr F	BHS-111 Neuroanatomy Room 1200-1203		
26-Apr M	BHS-140.2 Sensory Room 1200-1203		
27-Apr T		BHS-261 Physical Diagnosis Room 1200-1203	
29-Apr TH	BHS-106 Histology Room 1200-1203		CLE 376.2 Strabismus & Amblyopia Room 1201-1202
30-Apr F		BHS-256 Ocular Pharm Room 1200-1203	
04-May T	CLE-170 Physiological Optics Room 1200-1203		BHS 364 Nuero-Ophthalmic Disorders Room 1200-1203



FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

March 26, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Thursday, April 8, 2004 and the submission deadline is Tuesday, April 6.



CAMPUS NEWS

Spring Wellness Program

Note:

Thank you to everyone who participated in the Spring Into Motion Wellness event in the gym on Tuesday, March 23rd. Congratulations to the winners of the raffles:



- NCAA Basketball and the Hooked on Science T-Shirt – Lance Rittenhouse
- Picnic Basket full of picnic essentials – Brian Gill
- The Men's Spa Products gift bag and massage gift certificate – Anders Hansson
- The Women's Spa Products gift bag and massage gift certificate – Kayle Haws (we know Mona will appreciate it!)

Special thanks to Bill Kastanes, D.C. who provided his services for the event. Thanks also goes out to Daisy Varkalis for contributing the Avon products for the Spa Products gift bags.

AOA Leadership Scholarship Congratulations

Dr. Colip

The AOA Student Leadership Award for 2004 for one thousand dollars went to Kristin Cannon. She is both a member of AOA and AOSA in good academic standing, submitted a one-page curriculum vitae, a brief statement reflecting the value and/or learning

experiences that she has gained from her leadership experience and she has proven leadership roles and student government involvement.

She is an exemplary student and I am thrilled that she is here as a contributing member of the ICO student body.

Colleague of Year

Each year Student Association sponsors this award presented to one colleague voted by his/her classmates in each graduating class who deserves special recognition for his/her hard work and dedication to his/her class. This year the winners were Shauna Lushko (Class of 2007), Joel Sollom (Class of 2006) and Deanna LaBrosse (Class of 2005).

Residency Positions Still Available

Perhaps you weren't sure that you wanted to do a residency after graduation and missed out on the match. It's not too late to pursue residency training for the upcoming academic year. ICO still has two residency positions available. Both are in Low Vision Rehabilitation and Ocular Disease. One is at the Chicago Lighthouse for People who are Blind or Visually Impaired and the Illinois Eye Institute. The other is at The Deicke Center for Visual Rehabilitation and the Illinois Eye Institute. If you are interested in either position, please contact Dr. Stephanie

Messner at 312-949-7015.

Perhaps you want to do a residency, but aren't interested in low vision/ocular disease. Other programs remain unfilled. Visit www.orms.org for a complete list of positions that are still available.

FCO Thanks You

FCO would like to thank all of the kind people who donated to the Haiti Raffle last month. Unfortunately, the trip to Haiti was postponed due to the current political situation. However, 8 members have the opportunity to help the people of Honduras this April. We wish them safe travels and thanks again to all who supported our "Haiti-turned-Honduras" raffle!

Spotlight on the Library

Gerald Dujisk

Director, Learning Resources

RC Photocopier. A digital photocopier has been added to the RC computer room for your convenience. It uses your I-Dollar ID card just like the two in the library. Remember to swipe your card with the magnetic strip facing up. Instructions are posted by all three copiers.

Cosmopolitan Magazine. The library has received the first issue of Cosmo. Everyone is welcome to read it. It is on the first floor in the periodical binders in alphabetical order.

Library Photocopiers. The new swipe readers are installed on the library photocopiers. The Coin-op is waiting for the replacement cable to re-connect to the first floor copier. Please use your I-Dollar ID card for copies in the meantime. Instructions are posted. The swipe reader has not been connected for the printers yet. The library will not charge for computer printouts.

Practice Management Software. Have you tried the **RLISYS** Practice Management software in the library? Many of the computers on the second floor have the software on the desktop. The User name and password is RLISYS. Try it out before you graduate! It

may be something that you can use in your future practice!

Silent Auction Final Results. The library was able to donate \$568.50 to the Faculty Scholarship fund. Thank you to all who participated

Bookstore

Beverly Barnes

ICO Bookstore Repairs: Please pick up all repairs promptly. If you have Trial Lens Cases on order for replacement, please stop by to pick them up. If for any reason you are unavailable to pick it up and would like for us to mail out your repair, please email us your address and contact information to either email address: kshelton@eyecare.ico.edu or bbarnes@eyecare.ico.edu



The ICO Blanket: We have a huge, new, 57"x78" Heather Grey Plush Blanket with Navy Imprint for sale in the Bookstore for \$26.99. These blankets are great for keeping warm at Games/ Ball Parks or Stadiums - Showing your school spirit! They can also keep you warm during late night study dates. Please stop by to see them, they are an ICO must have! Don't forget there is an extra 10% off this item!

Bookstore Madness Sale continues through March 31, 2004! Take an additional 10% off all clothes, novelty and plush items!

LEA Sets are available for purchase at \$99.99. These sets includes your Pocket size Near LEA card, your Large 15 Line Folding Distance Chart and the Near Vision Card with Cord. If you purchase prior to March 31st you will receive an additional 10% off. Please purchase early and save \$9.99!

Dr. Dominick Maino's "Photographic Experience" is on display in the Bookstore. These original and creative photos are framed

and available for purchase at \$40 framed and \$20 for unframed. **All** funds raised will be donated to the "Visiting Professor Endowment Fund." Please stop by and see them!

Walsh & Hoyt's Clinical Neuro-Ophthalmology, 5th Edition by Neil R. Miller and Nancy J. Newman has arrived in the Bookstore. This book is listed as a recommended text for Dr. Messner's, Neuro Ophthalmic Disorders Course and is new to the ICO Bookstore. It is 1786 pages of valuable information and currently retails for \$199.00. Your cost is \$195.00. Volume One consists of the following: Visual Sensory System, Autonomic Nervous System, Ocular Motor System, Eyelid Function, Sensory Innervation of Eye and Orbit and Nonorganic Disease. These books will be available in the Bookstore through April 16th. If interested, please buy early or submit book order form (available in the Bookstore).

Attention O.D. Degree Candidates

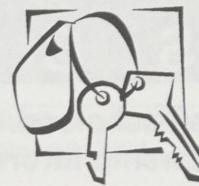
Commencement Activities

Mark your calendars for May 19. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 22. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2004 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention.



C L A S S I F I E D S

WANTED!!!

Current First Year Student Looking for Full-Time Work During the Summer

The Academic Administration Department is looking for a current first year student to fill a full-time summer quarter work study position. The position is clerical in nature and the applicant will need strong Excel and Word skills. Hours are flexible but the ideal candidate should be able to commit to 30 – 35 hours per week.

Serious applicants should contact Deanna Polakowski at extension 7011.

R E S I D E N C I E S

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.



S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
3rd Annual Student Association Scholarship	<ul style="list-style-type: none"> ICO Students Two page essay 	\$500	Due to Liz Chu, Box 328 by Monday, March 29, 2004
Maine Optometric Association Hilda L. Rand Scholarship	<ul style="list-style-type: none"> Student from Maine Financial Need Scholastic Achievement and Character 	\$2,000	Write to: Mary M. Brooks, 56 Madison Street, Bangor, ME 04401 Deadline for Application: April 1, 2004
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> Second or Third year US citizen or resident aliens 	\$500 - \$3,000	April 10 to Walman Optical Company Scholarship Program www.walman.com
Optometric Society of Greater Kansas City	<ul style="list-style-type: none"> Greater Kansas Area Second, third and fourth years 	\$500	April 15, 2004 to Optometric Society of Greater Kansas City, Lisa M. Nutt, O.D. 6000 N. Oak Trwy Suite 101 Kansas City, MO 64118
National Optometric Student Association Service Award	<ul style="list-style-type: none"> Student of ICO Member of NOSA Good Academic Standing Complete application in Student Affairs Brief statement on NOSA's mission statement 	\$250	April 16, 2004
The 2004 Dr. Seymour Galina Grant (Look under Galina)	<ul style="list-style-type: none"> One 3rd year student Paper not to exceed 1,500 word Member of AOSA and AOA 	\$2500	To Student Affairs By April 21, 2004
Dr. Monty Friedow Memorial Scholarship	<ul style="list-style-type: none"> Entering 3rd or 4th year of optometry South Dakota student Upper half of class 	\$1,000	Application received to Chairperson before April 24, 2004
South Dakota Affiliate American Foundation for Vision Awareness			
American Foundation for Vision Awareness Michigan Affiliate	<ul style="list-style-type: none"> Resident of Michigan 3rd Year Optometry Student "B" Average Need financial assistance Plan to practice in MI 	\$1,000	May 1, 2004

Dr. Robert Johnson Pediatric/Vision Therapy Award (NOA) Look under Johnson	<ul style="list-style-type: none"> • 2.5 GPA or higher • Third and Fourth year • NOSA Member • Community involvement • 300 paper and aspirations 	\$1,000	Send application to Dr. Tanya Parks by May 15, 2004
The Cave Memorial Award (NOA) Look under Cave	<ul style="list-style-type: none"> • Member of NOSA • Financial need • Community involvement • GPA of 2.5 or higher • First, Second or Third years 	\$1,000	Send application to Dr. Tanya Parks by May 15, 2004
The John L. Howlette and C. Clayton Powell Student Founders Award (NOA) Look under Howlette	<ul style="list-style-type: none"> • Good academic standing • Current NOSA Member • Demonstrates leadership in profession and community • First, Second or Third year 	\$1,000	Send Application to Dr. Tanya M. Parks by May 15, 2004
The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
The Polish Women's Civic Club, Inc.	<ul style="list-style-type: none"> • US Citizen • One parent of Polish heritage • Chicago Area resident 	Varies	Send application by July 1 st , 2004. Must send envelope to them to get application.

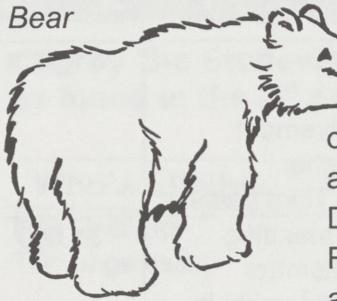
The Student Affairs Office has more information, so stop by and check it out



FITNESS CORNER

Polar Bear Run

The 2004 annual official *Polar Bear Run* program has come to an end, and congratulations are certainly in order to the following people, all of whom can now call themselves official Polar Bears!



Rebecca Tudor	Dr. Winters
Mikyung Yun	Jason Garey
Breanne Paul	Calvilena Thurman
Jessica Tran	Daisy Varkalis
Greg Abbate	Alissa Bodker
Karina Laszcz	Justin Meeks
Dzejna Mezbur	Anthony Zabel
Troy Myers	Dr. Lesher
Lynn Lesher	Kristie Kudlac

Massage Therapy

Spring is here, and now is the time to revive your body with a table massage at ICO.

Sharita Davis, a certified massage therapist, provides table massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Please call Shelby at x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

The next session will be Wednesday, April 7.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty

members. Your trainers Ferine Ali, Donnie Hager, Joel Getty, Randy Gunia Danny David and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine through 302, Donnie through box 46, Joel through box 164, Randy through box 528, Danny through box 508 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Does Caffeine Pose Health Problems?

There was a time when people thought caffeine increased the risk of developing cancer, but that is not the case any longer. However, caffeine consumption is important when it comes to other conditions. Caffeine tends to raise blood pressure, and this is a concern for those with blood pressure problems.

Pregnant women are also advised to avoid caffeine completely. Caffeine may worsen a number of other disorders such as rosacea, reflux, and sleep problems. For individuals with these conditions, avoiding or consuming caffeine in moderation should help. Moderation means up to three cups of five-ounce servings of regular coffee per day.

Six-hour Minus Contact Lens Study

- Sunday, April 04
- -1.00 to -4.00 sphere
- Try a new soft lens for the day
- A total of three $\frac{1}{2}$ hour visits in one day
- \$75 for the one day!!!

- Call the Contact Lens Research Line if interested and to set up a time
- 312-949-7376



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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

April 8, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Friday, April 23, 2004 and the submission deadline is Wednesday, April 21.



C A M P U S N E W S



Albert H. Rodriguez, Jr., OD '74, DOS, Devoted Trustee, Dies at age 53

Albert "Buddy" Rodriguez, Jr., OD '74, who served twelve years as a member of the ICO Board of Trustees, died on Friday, March 19th at the age of 53. Upon graduation from ICO in 1974, he established a practice in Tampa, Fla. and went on to expand to four offices before starting additional successful businesses along with his wife Donna. Over time the Rodriguez' most successful business, RehabWorks, had clinics and contracts in 26 states with more than 2,000 employees.

Dr. Rodriguez's father, Albert Rodriguez, Sr., O.D., DOS, graduated from Northern Illinois College of Optometry in 1949. When the elder Rodriguez died, the College named the Albert Rodriguez Memorial Auditorium after him (his picture still hangs in the ICO Library).

He had served on the ICO Board of Trustees since 1992 and in October of this year would have completed 12 years of service, including 3 years as Chairman.

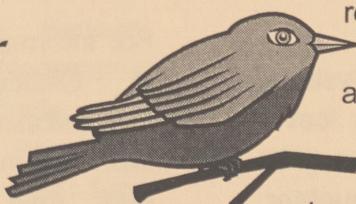
President Augsburger said Rodriguez "was a kind, decent and honorable man who made significant contributions to ICO and the profession of optometry. His selfless devotion to the College, wonderful sense of humor and friendship will be greatly missed by all."

His wife Donna, son Christopher and daughter Jennifer survive Dr. Rodriguez. Per the wishes of the family, a memorial endowment fund has been created. Proceeds from the endowment will be used to assist ICO students transitioning to a private practice setting after graduation. For more information, contact Anthony D'Andrea at x7070.

Congratulations to Dr. Rosenbloom (Professor Emeritus)

From Dr. Augsburger

As many of you may know, Dr. Rosenbloom (past ICO president) received his MA from the University of Chicago in 1954. He has been selected to



receive a Public Service Citation for his tremendous career achievements. Created in 1941, this award honors individuals who have fulfilled the obligations of their education through creative leadership in service that has benefited society and reflected credit on the University of Chicago.

Please join me in congratulating Dr. Rosenbloom for this much deserved award.

Introductory class for the ICO Portal

The I.S. Department will be offering an introduction to the Portal class for all interested students. The first class will be offered on Thursday, April 15 in room 2209, the I.S. training room. We will have 3 half-hour sessions beginning at 12:00 pm, 12:30 pm and 1:00 pm. These sessions will focus on making sure you can get logged in and find the information you need. Future dates and times for classes will be published at a later date. The space is limited but we will try to seat as many students as possible. Just drop by if interested.

System Maintenance

Attention Students & Staff

The IS Department will be performing system maintenance on the network. The system will be up and down starting on Thursday, April 8, 5 pm until Monday, April 12 at 6 am.

Street Cleaning Reminder

April 1st started Street Cleaning

On Wednesday they clean the West side of both Indiana and Michigan until 9 am and on Thursday they clean the East side until 9 am. Please read all street cleaning signs and be aware of your surroundings for signs posted on side streets and tow zones.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

The Library has a CD-ROM with the IRS tax forms that may be checked out. The IRS also provides forms and other information at their website at <http://www.irs.gov>.

Kathryn Johnston, the Information Systems Librarian, has returned from maternity leave. She and her husband, Dr. Brian Conran (ICO 2002) welcomed the birth of their daughter, Helen, on January 8.

Julius F. Neumueller Award

The Julius F. Neumueller Award in Optics was established in 1969 for an undergraduate student pursuing an optometry degree in a school or college of optometry. The nominee(s) must submit a paper written in English not to exceed 3,000 words on one of the following topics:

- Geometrical Optics
- Physical Optics
- Ophthalmic Optics
- Optics of the eye

The award carries with it a single cash award of \$500 and a plaque. The Academy will also provide reimbursement for travel expenses to the annual Academy meeting for an amount not to exceed \$500. The total expenditure relating to the award shall not exceed \$1,000; thus, if there is more than one recipient the total shall be divided between or among the recipients.

Please submit your paper to the Student Affairs Office by May 3, 2004

Post Graduate Program

Pacific University College of Optometry announces a Master of Science (M.S.) in Clinical Optometry Degree Program. The M.S. is based on a core of graduate seminars, which enhance knowledge and experience in a broad spectrum of subjects while allowing for specialization in areas of interest. Academic requirements can be customized to meet the need and preferences of individual students.

The M.S. Program can be combined with an Optometric Residency or Teaching Fellow position by including clinical and teaching experience during the course of study.

For information about the Master of Science in Clinical Optometry please email admissions@pacificu.edu or pick up a brochure in the Student Affairs Office by the rack next to the Residency/Scholarship cabinet.

Clinical Fellowship in Vision Training

Applicants are currently being evaluated for a private practice fellowship at the Optometric Vision Development Center under the direction of Claude A Valenti, O.D., F.C.O.V.D. The center is located in beautiful LaJolla, California, and specializes in behavioral/developmental vision care. The program is certified through the optometry school at Pacific University.

The stipend for the program is \$24,000 plus benefits. Deadline for application is April 15, 2004. To find out more call Dr. Valenti at 858-453-0442 or pick up a flyer in the Student Affairs Office. Look under California in the Residencies drawer.

Bookstore

Beverly Barnes

The ICO Blanket: We have a huge, new, 57"x78" Heather Grey Plush Blanket with Navy Imprint for sale in the Bookstore for \$26.99. These blankets are great for keeping warm at Games/ Ball Parks or Stadiums - Showing your school spirit! They can also keep you warm during late night study dates. Please stop by to see them, they are an ICO must have! Don't forget there is an extra 10% off this item!

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AOSA Quiz Bowl 2004

Everyone is welcome to come to the Blind Spot and Quiz Bowl on Friday, April 16. The Blind Spot is from 5 – 7 pm and the Quiz Bowl is from 7 – 8 pm. Pizza, beer, wine and soda will be served. Free T-shirt for those who register online for the AOSA Conference (while supplies last), along with a briefcase and student travel grant giveaway. The cost is \$5.

Attention O.D. Degree Candidates

Commencement Activities

Mark your calendars for May 19. We are planning ICO's annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with Commencement rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 22. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2004 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention.



CLASSIFIEDS

From the Mailroom:

The Mailroom has a full time position available for the Summer Quarter. Hours are 8:30 - 4:30, Monday thru Friday.

This job will entail learning to sort and process daily mail along with some other assorted duties. The mailroom offers a friendly environment where casual dress is the norm.

If you would like any further information please contact Daisy at X7085. We are flexible and understanding.

Helpdesk Workstudy

Essential Job Functions:

- Support RC resident, faculty and staff computers
- Provide prompt customer service and resolve issues on timely manner
- Support telephone, voicemail and satellite TV connectivity issues
- Responsible to update and communicate with helpdesk staff
- Support using Track IT helpdesk management software to log user request.
- Responsible for other technical and non-technical tasks as assigned
- Must document all support requests and distribute appropriate information to Information Systems staff, in a timely manner

Required Knowledge, Skills and Abilities

- Strong communication skills, both oral and written
- Basic knowledge of desktop computers and related software
- Must have basic conceptual knowledge of information systems
- Good customer relations skills
- Ability to analyze problems and develop effective solutions
- Ability to work as part of a team
- Exhibits strong initiative

If Interested please contact Ahmed - ext 7507

Workstudy Needed:

Workstudy needed in the Institutional Advancement Office. Job entails working in the alumni database system to update addresses, phone numbers, etc. along with general office work. Must have an excellent eye for detail, be inquisitive and enjoy internet research. Through May 14.

Contact: Felicia at x7071 for more information.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Optometric Society of Greater Kansas City	<ul style="list-style-type: none">• Greater Kansas Area• Second, third and fourth years	\$500	April 15, 2004 to Optometric Society of Greater Kansas City, Lisa M. Nutt, O.D. 6000 N. Oak Trwy Suite 101 Kansas City, MO 64118

National Optometric Student Association Service Award (Look under Galina)	<ul style="list-style-type: none"> • Student of ICO • Member of NOSA • Good Academic Standing • Complete application in Student Affairs • Brief statement on NOSA's mission statement 	\$250	April 16, 2004
The 2004 Dr. Seymour Galina Grant (Look under Galina)	<ul style="list-style-type: none"> • One 3rd year student • Paper not to exceed 1,500 word • Member of AOSA and AOA 	\$2500	To Student Affairs By April 21, 2004
Dr. Monty Friedow Memorial Scholarship South Dakota Affiliate American Foundation for Vision Awareness	<ul style="list-style-type: none"> • Entering 3rd or 4th year of optometry • South Dakota student • Upper half of class 	\$1,000	Application received to Chairperson before April 24, 2004
American Foundation for Vision Awareness Michigan Affiliate	<ul style="list-style-type: none"> • Resident of Michigan • 3rd Year Optometry Student • "B" Average • Need financial assistance • Plan to practice in MI 	\$1,000	May 1, 2004
Julius F. Neumueller Award in Optics (AAO)	<ul style="list-style-type: none"> • 3,000 or less word paper 	\$500 and Plaque & travel expenses to Academy meeting	May 8, 2004 to Student Affairs Office
Dr. Robert Johnson Pediatric/Vision Therapy Award (NOA) Look under Johnson	<ul style="list-style-type: none"> • 2.5 GPA or higher • Third and Fourth year • NOSA Member • Community involvement • 300 paper and aspirations 	\$1,000	Send application to Dr. Tanya Parks by May 15, 2004
The Cave Memorial Award (NOA) Look under Cave	<ul style="list-style-type: none"> • Member of NOSA • Financial need • Community involvement • GPA of 2.5 or higher • First, Second or Third years 	\$1,000	Send application to Dr. Tanya Parks by May 15, 2004
The John L. Howlette and C. Clayton Powell Student Founders Award (NOA) Look under Howlette	<ul style="list-style-type: none"> • Good academic standing • Current NOSA Member • Demonstrates leadership in profession and community • First, Second or Third year 	\$1,000	Send Application to Dr. Tanya M. Parks by May 15, 2004

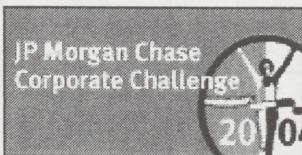
The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
The Polish Women's Civic Club, Inc.	<ul style="list-style-type: none"> • US Citizen • One parent of Polish heritage • Chicago Area resident 	Varies	Send application by July 1 st , 2004. Must send envelope to them to get application.

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

JPMorgan Chase Corporate Challenge

The Illinois College of Optometry would like to invite all its employees, students, family and friends to participate in the 2004 JPMorgan Chase Corporate Challenge® 3.5 mile run/walk. The event will take place on Thursday, June 3, 2004 at 7:00 pm in Grant Park. All participants will receive a free ICO team shirt! Entry forms are available next to the bulletin board outside the fitness center. Please contact Shelby Lalich X7460 for more information.



Massage Therapy

Spring is here, and now is the time to revive your body with a table massage at ICO.

Sharita Davis, a certified massage therapist, provides table massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Please call Shelby at x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

The next session will be Wednesday, April 21.

FREE Personal Training

Are you tired of working out without seeing

results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers Ferine Ali, Donnie Hager, Joel Getty, Randy Gunia Danny David and Tarndip Sandham are available on an appointment only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine through 302, Donnie through box 46, Joel through box 164, Randy through box 528, Danny through box 508 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

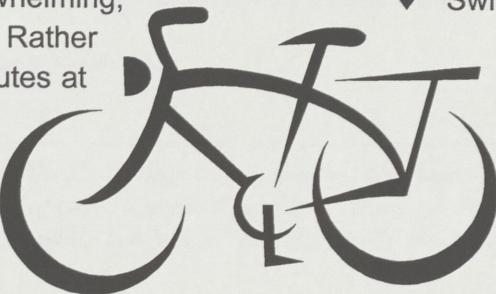
The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Got 10?

The American Cancer Society recommends that you perform 30 minutes of exercise each day to stay fit. This might seem overwhelming, but it is easier than you think. Rather than trying to tackle all 30 minutes at once, consider breaking it up into three 10-minutes segments throughout the day. Here are a few suggestions to help you reach your goal.

- ♥ Take the stairs instead of the elevator
- ♥ Stroll around the block with friends or co-



workers during your lunch break

- ♥ Play catch or hide-and-seek with your children
- ♥ Walk or bike to your destination
- ♥ Swim, or walk in waist-deep water at your local pool
- ♥ Hop on a stationary bike or a treadmill when the weather makes it difficult to go outside
- ♥ Jump rope, hopscotch, or play tag with children to get your heart pumping and have fun
- ♥ Find a music channel on television and dance around the house

This information is provided by the American Cancer Society

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

April 23, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the north wall. The next Focal Point will come out Friday, May 7, 2004 and the submission deadline is Wednesday, May 5.



C A M P U S N E W S

4th Year Commencement Capstone Program

The Commencement Capstone Program is designed to provide ICO's new graduates with information that will be important to you as you transition from being a student to practitioner. We will be inviting companies to participate that we know will have important information (and perhaps a few goodies!) to share with you.



The date is Wednesday, May 19th and the day will start at 12:30 pm as your entire Class is welcomed aboard the Chicago Trolleys to whisk you to Rockefeller Chapel for commencement rehearsal. In years past parking at U of C during the week has been extremely (agonizingly) difficult (imagine circling for hours for a parking spot as your classmates rehearsed!).

The agenda for the day is listed below:
12:30pm Graduates board Trolleys to

Rockefeller Chapel

1:00pm Commencement Rehearsal at
Rockefeller Chapel

3:30pm Capstone sponsors on campus to
set up Information Tables
Graduates board Trolleys to return
to ICO

4:00pm Graduates arrive on campus
Awards Presentation – Room 1200
4:30pm Commencement Capstone Dinner –

Gymnasium - Opportunity for
graduates to visit sponsor
Information Tables
6:00pm Cap & Gown Pickup
(President's Circle Lounge
Yearbook Distribution (outside of
Library – main floor)

We are sure you will enjoy this day filled with
beneficial information, a chance to visit with
classmates you have not seen in awhile and
to just enjoy each other's company before
Commencement on Saturday. Plan now to
attend!

Commencement

Commencement is held at Rockefeller Chapel
on the campus of the University of Chicago at
1:00 p.m. on Saturday, May 22. Rockefeller
Chapel is located at 5850 S. Woodlawn Ave.
A reception honoring the Class of 2003 will be
held at Ida Noyes Hall immediately following
the ceremony. The building is located directly
east of the Chapel.

Lynn Petrica and Sharon Uher

Commencement Speaker

This year's commencement address will be
given by Bruce E. Onofrey, O.D., R.Ph.,
F.A.A.O. He is a 1982 graduate of ICO and
completed a Residency at the Veterans
Administration Medical Center in
Albuquerque, New Mexico. Dr. Onofrey is
currently the Chief of Optometry Services,

Vice-Chairman of Eye Services, and Director of Optometric Internships at Lovelace Medical Center Albuquerque, New Mexico. He is the author of "The Ocular Therapeutics Handbook-A Clinical Manual", "Clinical Optometric Pharmacology and Therapeutics", and has served as editor for multiple "Optometric Clinics". Dr. Onofrey is perhaps most noted for his over 600 presentations and lectures provided internationally.

AOSA News

Travel Grant

Congratulations to **Deana LaBrosse** and **Tim Wilson** for winning the Vistakon \$500 Travel Grants. Thanks to all that submitted essays!

AOSA Local Liaison Selection

Local Liaison for 2004 and 2005 for AOSA have been selected. Please congratulate the following:

American Academy of Optometry (AAO) - **Megan Edstrom** - 2nd Year

American Public Health Association (APHA) - **Oanh Bui** - 2nd Year

American Optometric Association Political Action Committee (AOA-PAC) - **Timothy Wilson** - 2nd Year

Association of Schools and Colleges of Optometry (ASCO) - **Katherine Sullivan** - 1st Year

College of Optometrists in Vision Development (COVD) - **Tracey Nardulli** - 2nd Year

National Board of Examiners in Optometry (NBEO) - **Sarah Manongdo** - 3rd Year

Association of Regulatory Boards in Optometry (ARBO) - **Wendy Bui** - 2nd Year

Infants' and Children's Vision Coalition- CVC - **Amanda Mataya** - 1st Year

Quiz Bowl Thank You's

AOSA would like to thank everyone for coming to the 2004 Quiz Bowl. Congratulations to 2004 AOSA Quiz Bowl Winner: **Courtney Sivertson** (2nd Year)!

These individuals helped make the quiz bowl a success:

Greyson Barger

Dr. Brandys

Liz Chu

Gerald Dujisk

Lexi Franzeen

Anders Hanson

Ali Harapiak

Dr. Hodur

Tom Kline

Lindsay Luker

Matt Nelson

Lance Rittenhouse

Elizabeth Sanders

Dr. Sears

Tracy Smith

Jae Song

Dr. Trachimowicz

Dr. Zoltoski

And facilities department you were terrific!

Also a HUGE THANK YOU to the contestants:

First Years: **Alan Eschmann** and **Jeff Manternach**

Second Years: **Courtney Sivertson** and **Tim Wilson**

Third Years: **Deanna LaBrosse** and **Tracey Marshall-Underwood**

Fourth Years: **Kamran Ahrar** and **Samuel Sant**

Don't Forget: For everyone interested in going to Orlando, be sure to pick up a pre-registration packet in the President's Lounge!



This grant is to promote short-term projects with a focus on the Special Olympics Healthy Athletes programs and Special Olympics athletes as well as the health and well-being of all persons with mental retardation. This and other information can be found on www.specialolympics.org. These projects may address issues such as planning and execution of local or state events, data collection and analysis, attitudes, opinions and behaviors of health professionals, coaches, family/caregivers and athletes, follow-up assessment, or health education approaches.

Pre and post-doctoral health professions students from accredited institutions or program are eligible to apply. A project may

be funded up to \$3,500 per year. All awards will be made to the institution on behalf of the student grantee. Funding must include all expenses and no indirect costs may be covered by this grant.

Applications must be received by June 1, 2004. Notification of awards will be made by June 30, 2004. Applications may be found in the rack in the Student Affairs Office.

3rd Annual Contact Lens Society Symposium

CLS members are encouraged to attend Contact Lens Society presents "Building your Practice with Contact Lenses" on May 2nd, 2004 (Sunday) from 12:30- 4pm at Embassy Suites, 600 North State, Chicago. There will be panels of doctors and door prizes.

You must be a CLS member. This invitation is extended to all current 4th year members. If you have any question regarding your membership or how to sign-up for this event, please contact Gemma Soliman, Box 430, or email her at gem_soliman@yahoo.com. Please sign up by April 28th.



Midwest Vision Congress and Expo

North Central States Optometric Council and Vision Council of America have merged their former events – Eyecare and EyeQuest into one event, the Midwest Vision Congress and Expo. It is being held May 13-16 at the Rosemont Convention Center in Illinois. Over 100 Exhibitors and 146 CE courses are being offered plus fun events. Register on line at www.midwestvisioncongress.com or call 800-677-2115.

Student Research Grant

"The Beta Sigma Kappa Central World Council" announces the availability of student research grants. Research grants are available to ANY student at accredited schools or colleges of optometry in the United States and Canada and are NOT limited to

student members of BSK. Maximum grant amounts are \$1000. In addition, the researchers or teams nationwide with the two best completed research projects ready for publication, will each receive an award of an additional \$1000. The deadline for completed applications is 5:00pm (EDT) of the first Friday in May (May 7th). Please see Dr. Joan Sears for application and guidelines. The form is not difficult to complete so please do not hesitate.

Student Club/Organization

The Student Affairs Office would like to ask that each ICO club/organization hold new officer elections for the 2004-05 academic year in late April or early May (prior to Finals). Once the new officers are elected, please give a complete list of officers to Kathy in Student Affairs.

Attention RC Residents:

RC residents requesting to stay past the checkout deadline of Monday, May 17th, 5pm should complete a Request for Extension form by Wednesday, May 5. The form is available in the rack in the Student Affairs Office.

New RAs

Congratulations to the new Resident Assistants beginning Fall – 2004 through Spring 200

Head RA Tammi Carlson and Floor RAs, Mike Drabinsky, Amanda Hobbs and Mandy Mataya.

Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship

Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also, please notify Kathy (ext. 7401) in the Student Affairs Office which locker you vacated. Thank you.

Bookstore Red Ticket Sale

Red Ticket Sale on everything, (except Books, Equipment and Lab Supplies) in the ICO Bookstore!

Please look for the Red Ticket Sales on multiple clothing, plush and novelty items. Products are limited so shop early. Selected books have been placed on clearance as well.

As always, thank you for shopping in the Bookstore.

Spotlight on the Library

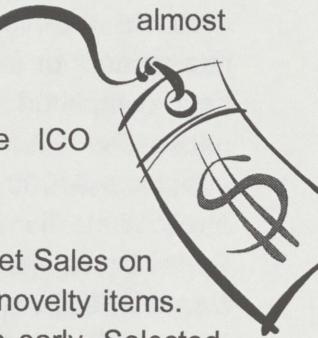
by Kathryn Johnston

Information Systems Librarian

Doctors Andrew Pilon, Paul Rhee and Leonard Messner present their research on "Bilateral serous macular detachments as the presenting sign of Waldenström's macroglobulinemia," in a poster displayed in the Library. Please come view their results.

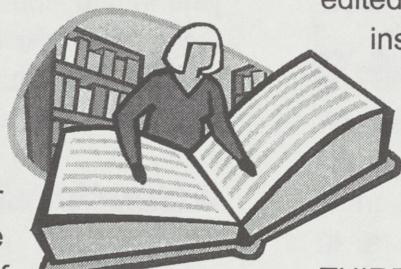
The Library has a new crop of books for spring! If you want to view a list of new library materials as they arrive, go to the Library's website, from on campus at <http://icolibrary/library.htm> or off campus at <http://library.ico.edu>. Click on iLink to enter the Library's catalog. Next, under "Library Info," click on "More," and finally on "New books." New books are shelved next to the photocopy machine on the Library's first floor, unless they already have been checked out.

The Library just received three copies of the latest edition of *The Wills Eye Manual*, which will be on reserve under RE46 .W61 2004. The following new books will be placed on the new book shelf. The Library has two copies of the new edition of the *Massachusetts Eye and Ear Infirmary illustrated Manual of Ophthalmology*, (RE49.F7 2003). We have acquired two new



books on color vision, *Colour Perception: Mind and the Physical World* (BF241.C656 2003) and *The Science of Color* (QP481.O7 2003). There also are several new books on glaucoma as well as on LASIK. Also check out *Emergency Care in the Optometric Setting* (RE831.E533 2004). The Library has bought *Neuro-ophthalmology Review Manual* (RE910.B3 2004), which might be useful as a review for boards or class.

The Library has two scanners available for student use. These scanners can scan photographs or pictures, as well as text. Text documents then can be converted into Microsoft Word so they can be added to or edited. The pictures can be emailed or inserted in the Word documents or PowerPoint presentations. The scanners are located in the first floor Library computer room, and are attached to PCs Dell08 and Dell03.



THIRD YEARS! Are you leaving the area during your externships? You will have extra Library privileges if your externship site is more than 50 miles away. If you need articles, we will email, fax or mail you the ones you need for free. We also will mail you the books that you need while off campus. Contact Sandra Engram (listed under Staff on the Library's webpage) if you need materials while off-campus. In addition, you can renew your library materials yourself as well. Contact Kathryn Johnston in the Library to obtain your user login and password. The login and password also will allow you to search for VisionCite articles from off-campus. Or contact any Library staff member and we can renew books for you or assist in finding appropriate research materials.

Street Cleaning Reminder

On Wednesday they clean the West side of both Indiana and Michigan until 9 am and on Thursday they clean the East side until 9 am. Please read all street cleaning signs and be aware of your surroundings for signs posted on side streets and tow zones.

Florida Board of Optometry Examination Review Course

Nova Southeastern University College of Optometry is offering a Florida Board of Optometry Examination Review course on July 10-11 for those optometrists who will be sitting for the examination. Detailed information about the course will be posted on the College's continuing education Web page at <http://optometry.nova.edu/ce> on or before April 30.

Faculty Updates

Dr. Schlange

Dr. Darrell Schlange presented a research poster at the Academy '04 Global-Pacific Rim meeting held April 2-4, 2004 in Honolulu, Hawaii. The topic of his presentation was "A New Test Protocol and Eye Tracking Device for Evaluating Eye Movements in the Beginning Reader." Dr. Schlange's presentation also included a DVD presentation, developed by Dr. Schlange and the ICO Media Center, that illustrated the test protocol and procedures. Dr. Schlange will collaborate with two vision scientists from The Hong Kong Polytechnic University, also attendees at this International Academy meeting, on a research study evaluating the unique reading eye movements characteristic of the English and Chinese languages.

Dr. Andrew Pilon and Dr. Michelle Chan, two of the IEI Primary Care Residents, also presented during this Academy '04 Global-Rim meeting:

Andrew Pilon, OD, Paul Rhee, OD, Leonard Messner, OD, "Bilateral Serous Macular Detachment As The Presenting Sign of Waldenstrom's Macroglobulinemia."

Michelle Chan, OD, Herpes Simplex

Epithelial Keratitis In An Immunocompromised Patient."

At this meeting were presentations by 3 other recent ICO Graduates, also doing residencies at other eye care facilities:

Lavender Streiff, OD, San Francisco VA Medical Center, "Impending Central Retinal Vein Occlusion." (03 graduate)

Mimi Shen, OD and Melanie Tarutani, OD, Kayenta Indian Health Service Unit, Kayenta, Arizona.

Dr. Shen is a 01 graduate and Dr. Tarutani is a 99 graduate.

Reminder: Notify Security of Strangers

Recently a man entered the building by walking in the Indiana door along with several students. He ended up finding an open office on the third floor and took a faculty member's backpack.

Reminder to us all. Do not let anyone into our building without a proper ID Badge. Please contact Security immediately whenever you see someone suspicious on campus.

CLASSIFIEDS

No Classifieds at this time

RESIDENCIES

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S C H O L A R S H I P S

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Scholarship	Who's Eligible	Amount	Deadline
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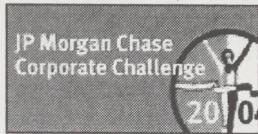
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Connecticut Association of Optometry	<ul style="list-style-type: none"> • Connecticut Resident 	Unknown	July 15, 2004

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Eye on Wellness

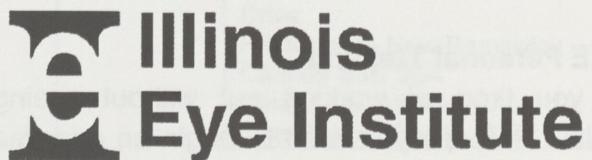
Sleep Easier

If you have trouble sleeping, exercise can help. What you may not have realized is that the time of day you exercise is important as well. Morning exercise may help adjust the internal clock that governs the sleep-wake cycle. On the other hand, exercising in the evening may hinder sleep by temporarily boosting metabolism and triggering the release of nerve-stimulating hormones. Stretching and muscle relaxation at any time may ease stiffness and aid in sleep.

This information is provided by *Consumer Reports on Health*

Contact Lens Dryness Study

- Do your contact lenses feel dry or gritty?
- Do your lenses feel less comfortable at the end of the day?
- We are currently studying 2 different types of contacts that may improve your symptoms. You will receive a 6 month supply of free contacts for your participation.
- Contact our study line at 312-949-7316 for more information.





FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

May 7, 2004

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C A M P U S N E W S

This will be the last Student Newsletter of the 2004 – 2005 academic year.

From Dr. Colip

Congratulations to all students on the successful completion of another year at ICO!

To the ICO Class of 2004

(candidates for the O.D. degree): This will indeed be your last "Student" Newsletter. I have enjoyed

working with you over the last few years and would like to wish each of you the best as you begin your new careers.

Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO Alumni Association. As you take your first professional positions, the next few weeks and months will undoubtedly hold much change and professional challenge as you try out your new privileges as licensed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others. As your first paychecks start rolling in I'd like to challenge you to rely on each other, as well as those of us that will remain here at ICO, for advice and assistance as you continue your professional development and transition into your practices. Though distances may separate us, you will always be part of the ICO "family". One of the great joys for many of us that will



**Wherever you are,
visit us often!**

remain at ICO is the opportunity to continue to watch each of you grow and continue your professional development and learn of your successes. Our return visits are always welcome! As a member of the largest optometric alumni association in the world you have earned access to and assistance

from over 8,000 fellow alumni worldwide – take advantage of us! Your ICO education will serve you well and will undoubtedly make many of your life's rewards possible. Be proud of your accomplishment and best wishes to all of you!! I wish you each many successes in your new careers!

To the Third Year Class: Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externship Program. Please visit us in the Student Affairs Office during your campus-based rotations. Now is a good time to list yourself with the ICO Placement Program (many of you

already have – congratulations!) and use the next few months to start evaluating practices and thinking about where you may want to set-up practice.

To the Second Year Class: Best wishes as you begin your formal clinical education in the Illinois Eye Institute. I encourage you to take an occasional break from your studies (and NBEO preparations!) and enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend you check out the many festivals and plan to take in a concert in Grant Park sometime this summer – they're free! Many of you will take NBEO Part I in early August. I highly recommend that you save yourself some last minute anxiety and develop an exam preparation schedule starting immediately after Finals. You'll be glad that you did.

To the First Year Class: I commend you on the completion of your first year and encourage you to reflect back upon this year and realize just how much you have learned. To those of you staying in Chicago stop by the Student Affairs Office periodically – enjoy Chicago in the summer! To those of you that will be returning to your homes, have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and helping out with First Year Orientation (Aug. 17 – 19) and help get the new Class off to a good start.

To All Students

From Dr. Colip

The summer months will once again be quite busy around ICO. ICO's third annual Commencement Capstone Program for the graduating Class will run Wednesday afternoon May 19th. Commencement is next Saturday, May 22nd at 1pm at Rockefeller Chapel at University of Chicago.

The Admissions Office will conduct our summer Open House on Saturday, June 5th;

if you will be around and would like to help out or participate, please stop-by the Student Affairs Office and see Aisha Davis to sign-up.

ICO will sponsor an alumni/student reception at the AOA Congress in Orlando, FL (June 23-27). If you plan to attend the meeting, or will be in the area, we would appreciate your attendance – Fri., June 25th. It is a great opportunity to network with ICO alumni and who knows, maybe you will meet your new practice partner. Details on the meeting are available in Student Affairs.

Have a great summer!!

Mark Colip, O.D.

Congratulations

The following students were elected as 2004-2005 Student Association officers:

Tom Kline – President

Shauna Lushko – President-Elect

Lexie Franzeen – Secretary

Nhat Le – Treasurer

Jamie King – Director of Community Services & Community Health

Nathaniel Della Vedova – Director of Intramural Sports

Kristin Cannon and Rosemary Gonzalez – 4th year Class Representatives

Greyson Barger and Joel Sollom - 3rd year Class Representatives

Mona Fahmy and Tessa Sokol - 2nd year Class Representatives

Melissa Horein - Director of Notetaking Service:

SA Scholarship Essay Winner

Thanks to everyone who participated in the SA Scholarship essay contest. The Student Association would like to congratulate **Charles Rottinghaus** for being the winner of the \$500 scholarship!!

Thank You! Thank You!

The ICO Lions Club would like to thank everyone who participated in our cell phone fundraiser! We were able to collect over 50 used cell phones and the money that we get from them will allow us to help those less

fortunate. Due to the great success of the fundraiser we are going to continue it throughout the year! Boxes and tax deductible forms are located in the President's Lounge. Any questions please contact Crystal Strickler @ Box #635.

Congratulations

The following full-time students achieved superior academic performance during the Winter, 2003 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

Alchriti, Manal H.
Ambeault, Megan L.
Amundson, Erika K.
Anderson, Valerie R.
Asano, Kaori
Awan, Zainab R.
Baas, Eric A.
Babcock, Jeremy J.
Baker, Joshua C.
Baker, Sam D.
Berends, Jill M.
Betterly, Sara R.
Beyer, Timothy M.
Birdsong, Jeffery D.
Birnbaum, Suzanne J.
Birr, Amy M.
Bonilla-Warford, Nathan
Brafman, Shana B.
Bratcher, Jason A.
Butcko, Victoria M.
Calderwood, John L.
Cannon, Kristin K.
Carlson, Tammi L.
Carter, Anthony B.
Cassar, Kevin S.
Charo, Kathleen T.
Charoenchote, Wanwalee
Chaudhery, Shmyla
Choe, Caroline R.
Chu, Angela
Coates, Stephanie R.
Colandet, Brian M.
Corl, Timothy R.
Coscione, Luciana M.

Coward, David J.
Crouch, Nathan A.
Crown, Jennifer R.
Dalton, Calvin D., II
Davids, Jill S.
De Mares, Ryan N.
Della Vedova, Nathaniel
Dhaliwal, Samandeep S.
Diemer, Nikolas S.
Draper, Megan M.
Drosis, Tanya
Dzik, Jeffrey D.
Elston, Phillip R.
Erickson, Kendra D.
Eschmann, Alan P.
Evers, Reeve R.
Fahmy, Mona M.
Feldman, Kristie A.
Fernandez, Yajaira R.
Frame, Christopher D.
Fredrickson, Sara A.
Frisbie, Laura M.
Gallagher, Maria A.
Gandham, Lakhbir S.
Gandham, Tarndip S.
Garvey, Katherine A.
Gill, Mandip S.
Gonzalez, Rosemary A.
Gooding, Cheryl L.
Gregg, Sarah J.
Grastick, Darcy L.
Gurina, Mariya
Gupta, Neel K.
Haiar, Ryan G.
Hanno, Elizabeth K.
Hannoun, Selma
Haq, Almas F.
Hassan, Amal M.
Havens, Erin E.
Herbolsheimer, John R.
Herman, Tate M.
Hertzberg, Katherine H.
Hileman, William S.
Hobbs, Amanda M.
Hoeft, Emmylou T.
Horein, Melissa C.
Horvath, Andrew V.
Huber, Gary T
Hunter, Lyndsay J.



Hwang, Grace J.
Jang, Jeehye K.
Johar, Navpreet
Josephs, Andrew M.
Joshi, Hemali H.
Kalil, Chad D.
Kaniaris, Margarita G.
Kart, Alisa
Kasmer, Kathleen M.
Kaur, Bimal
Keller, Alana L.
Khorram, Kambiz
Kikunaga, Henry E.
Kim, Michelle H.
King, Jaime L.
Klemens, Adam B.
Kleva, Julie
Kljajich, Juliana
Korsgarden, Joshua L.
Kubicki, Leon F.
Kudlac, Kristie J.
LaBrosse, Deana R.
Lal, Sima
Lam, Leonard C.
Larson, Tamra L.
Laszcz, Karina V.
Le, Trang D.
Lee, Carol H.
Lee, Joo W.
Legue, Sara K.
Leoni, Melissa L.
Lezondra, Beverly J.
Lieu, Megan M.
Lloyd, Emily A.
Lock, Michael C.
Lopykinski, Michael J.
Loy, Kristy M.
Luker, Lindsay A.
Ly, Huong D.
Lynch, Todd A.
Malaski, Karen M.
Marczewski, Kristy A.
Marlowe, Megan G.
Mataya, Amanda J.
Mathes, Marcie J.
McLeod, Heather M.
Meeks, Justin J.
Mercado, Kevin J.
Miesner, Nicole R.

Miller, Ryan G.
Myalil, Shinu P.
Nguyen, Mai N.
Nguyen, Mindy C.
Nguyen, Phuong N.
Norell, Eric R.
Okabe, Michelle M.
Okamura, Jaime R. K.
Ostrowska, Małgorzata
Palloch, Jennifer L.
Patel, Mona B.
Patel, Sonal R.
Paul, Breanne M.
Paul, Jami L.
Perez, Angelica
Peterman, Jesse N.
Pham, Vicki T.
Plug, Jennifer L.
Prasad, Hansini
Prawdzik, Karyn B.
Puskar, Sanela
Raguindin, Liezl N.
Ramos, Priscilla
Reynolds, Tonya M.
Rieman, Megan J.
Ritter, Heather A.
Rivera, Erin Marie Balko
Robinson, Gillian M.
Rogoza, Krista B.
Rottinghaus, Charles A.
Russell, Christie J.
Saeed, Faheemah A.
Salmon, Elizabeth A.
Sanders, Elizabeth A.
Sanford, Sue Ann
Sant, Samuel R.
Santos, Karen T.
Scheiffele, Jill R.
Shakhnovskaya, Tatyana
Sharma, Alok
Sheety, Valerie N.
Shleyfer, Larisa
Siddiqui, Mona
Sierszulski, Monica B.
Sihota, Charanjit K.
Sivertson, Courtney R.
Skluzacek, Kristin M.
Smith, Barbara M.
Snyder, Beth A.



Sokol, Tessa L.
Sollom, Joel D.
Stack, Amy M.
Stalboerger, Gina
Stalzer, Brandon G.
Sullivan, Katherine M.
Szafranski, Carly L.
Taubert, Kristel R.
Tedder, Taylor D.
Templeman, Carrah D.
Theesfeld, Michelle L.
To, Andrew K.
Toor, Shailja
Tran, Michael T.
Trang, Binh L.
Troychanskaya, Alla
Twenhafel, Stacy A.
Unger, Scott A.
Van Haaften, Kelly N.
VanDeWyngaerde, Tara N.
Vergin, Jacob B.
Vincelli, Nicholas C.
Walck, Emily M.
Waters, Tilena B.
Weibert, Julie M.
Wilkinson, David A.
Willis, Chad E.
Wilson, Lisa L.
Wilson, Timothy N.
Witzenburg, Eric N.
Wright, Carrie C.
Wyckoff, Karen A.
Yarzak, Ellen R.
Ymalay, Ian A.
Youngwirth, Brandy
Zabel, Anthony C.

From the Mailroom

The mailroom is responsible for forwarding first class mail to all graduating and first year students during the summer quarter. The Registrar's office provides us with the addresses used for your mail. It is extremely important that you provide the Registrar with your correct address. We can only forward mail to an address provided to us by the Registrar. If you have any doubt what you wrote down as a

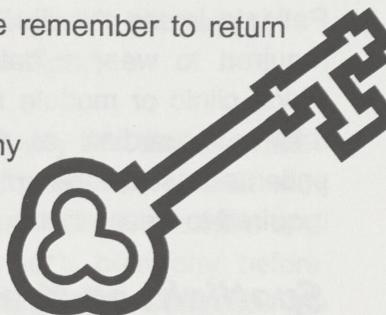
forwarding address, please double check your information.

Magazines are held until the fall quarter and catalogs are discarded.

Fourth years: please remember to return your mailbox keys.

If you have any questions, call X7085 or X7087.

*Daisy Varkalis
Mailroom supervisor*



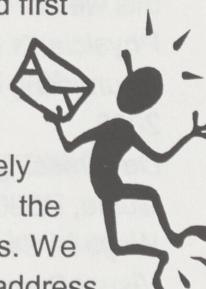
Identification Badges

John Krystyniak

This is for the benefit and welfare of all in the College community. In order for the program to be effective, everybody's cooperation is required. Including department heads, faculty, staff, students and administrators.

All students, staff, faculty and administrators are required to wear their photo ID badges at all times when on campus. A temporary badge will be issued from the security office when necessary.

- The information desk will monitor all persons entering the College on the Indiana Avenue Entrance.
- The reception desk will monitor all persons entering the Eye Institute.
- Security officers will ensure that all persons are displaying their identification badges.
- Students: Instructors, attending staff will insure that badges are worn.
- Support staff: Supervisors will insure that badges are worn.
- Faculty: Department heads will insure that badges are worn



In addition, all visitors, vendors, contractors, repair men, anyone having business with the college are to be directed to the Indiana Avenue entrance and are required to sign the register. The person they wish to see will be

notified. No one will be allowed without an escort in any areas of the College or Eye Institute. All visitors will be issued a Visitors ID Badge. This badge must be displayed at all times while on campus.

Patients in the Illinois Eye Institute are also required to wear a dated ID tag indicating which clinic or module they are visiting. Any relative, guardian or friend accompanying patients past the reception area will also be required to wear a badge.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

The Library will have extended hours during finals week:

Saturday, May 8, 7:00 a.m.-12:00 midnight



Sunday, May 9, 10:00 a.m.-12:00 midnight

Monday, May 10, 7:00 a.m.-12:00 midnight

Tuesday, May 11, 7:00 a.m.-12:00 midnight

Wednesday, May 12, 8:00 a.m.-12:00 midnight

Thursday, May 13, 7:00 a.m.-12:00 midnight

Friday, May 14, 7:00 a.m.-12:00 midnight

Saturday, May 15, 8:00 a.m. - 4:00 p.m.

Break week hours May 16-23:

Sunday CLOSED

Monday-Friday , 8 a.m.-5:00 p.m.

Saturday-Sunday, CLOSED

Our summer hours begin Monday, May 24:

Monday-Thursday, 8:00 a.m.-9:00 p.m.

Saturday, 9:00 a.m.-5:00 p.m.

Sunday, CLOSED

Attention: First Years and Graduating Fourth Years!

All your library materials are due May 19. If any first year-rising second year students would like to check out materials for past that date, whether optometry related or popular fiction, contact a library staff member and we can override the due date so that you take Library items home. After May 19, the new

second year students check out library materials as normal.

When the Fourth Years graduate and become alumni, they again may check out library materials. If alumni live outside the Chicago area, the Library even will mail them the books they need. Alumni also may request that the Library email, fax or mail article photocopies for free. The Library's online catalog of books, videos, cassette tapes, and periodicals is available off campus at <http://library.ico.edu>. If you wish to use the Visioncite article database off-campus, however, you do need to subscribe to VisionCite for a discounted fee. Contact Library Director, Gerald Duijsik, if you are interested.

Save your back, simplify your packing and free up book shelves! The Library accepts book donations. If you no longer need a particular text or reference book, please consider donating it for the use of other students.

The Library does have a digital camera and a VHS camcorder that may be borrowed by students for 24 hours. They are kept in the second floor media area. Ask a staff member if you wish to reserve the digital camera or camcorder in advance, or wish to check them out.

The coin op on the Library's first floor photocopier is now operational! Photocopies may be paid for by card, dollar bills, or coins.

The Library has received some new books this week:

Physician's Guide to Assessing and Counseling Older Drivers , TL152.3.P597 2003

De-stressing Doctors: a Self-Management Guide, R690.S97 2003

Ways of Seeing: the Scope and Limits of Visual Cognition, BF241.J29 2003

Glaucoma Therapy: Current Issues and Controversies, RE871.G5727 2004

In addition, the Library now has the International Night performance for 2003 on DVD, and the ICO Players 2003 production on VHS. The Immigration Information Conference also has been recorded on VHS videocassette. They are available for 24 hour loans at the Media desk on the second floor of the Library.

Good luck on finals! Enjoy your summer! Congratulations and best wishes graduates! We look forward to seeing you or hearing from you soon at the Library!

4th Year Commencement Capstone Program

The Commencement Capstone Program is designed to provide ICO's new graduates with information that will be important to you as you transition from being a student to practitioner. We will be inviting companies to participate that we know will have important information (and perhaps a few goodies!) to share with you.



The date is Wednesday, May 19th and the day will start at 12:30 pm as your entire Class is welcomed aboard the Chicago Trolleys to whisk you to Rockefeller Chapel for commencement rehearsal. In years past parking at U of C during the week has been extremely (agonizingly) difficult (imagine circling for hours for a parking spot as your classmates rehearsed!).

The agenda for the day is listed below:
12:30pm Graduates board Trolleys to

Rockefeller Chapel

1:00pm Commencement Rehearsal at
Rockefeller Chapel

3:30pm Capstone sponsors on campus to
set up Information Tables
Graduates board Trolleys to return
to ICO

4:00pm Graduates arrive on campus
Awards Presentation – Room 1200

4:30pm Commencement Capstone Dinner –
Gymnasium - Opportunity for
graduates to visit sponsor
Information Tables

6:00pm Cap & Gown Pickup (President's
Circle Lounge
Yearbook Distribution (outside of
Library – main floor)

We are sure you will enjoy this day filled with beneficial information, a chance to visit with classmates you have not seen in awhile and to just enjoy each other's company before Commencement on Saturday. Plan now to attend!

Commencement

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 22. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2004 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Lynn Petrica and Sharon Uher

Commencement Speaker

This year's commencement address will be given by Bruce E. Onofrey, O.D., R.Ph., F.A.A.O. He is a 1982 graduate of ICO and completed a Residency at the Veterans Administration Medical Center in Albuquerque, New Mexico. Dr. Onofrey is currently the Chief of Optometry Services, Vice-Chairman of Eye Services, and Director of Optometric Internships at Lovelace Medical Center Albuquerque, New Mexico. He is the author of "The Ocular Therapeutics Handbook-A Clinical Manual", "Clinical Optometric Pharmacology and Therapeutics", and has served as editor for multiple "Optometric Clinics". Dr. Onofrey is perhaps most noted for his over 600 presentations and lectures provided internationally.

Student Club/Organization

The Student Affairs Office would like to ask that each ICO club/organization hold new officer elections for the 2004-05 academic year in late April or early May (prior to Finals). Once the new officers are elected, please give a complete list of officers to Kathy in Student Affairs.

Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship

Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also, please notify Kathy (ext. 7401) in the Student Affairs Office which locker you vacated. Thank you.

C L A S S I F I E D S

Dr. Gunderson is looking for TA's for Ocular Physiology laboratory during the fall quarter. The labs are 2 hours long and will meet in the afternoons. Schedules are still being worked out. Please contact Dr. Gunderson at ggrunders@ico.edu, ext. 7315 or stop by his office 2560 if you would be interested.

R E S I D E N C I E S

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Dr. Robert Johnson Pediatric/Vision Therapy Award (NOA) Look under Johnson	<ul style="list-style-type: none">• 2.5 GPA or higher• Third and Fourth year• NOSA Member• Community involvement• 300 paper and aspirations	\$1,000	Send application to Dr. Tanya Parks by May 15, 2004
The Cave Memorial Award (NOA) Look under Cave	<ul style="list-style-type: none">• Member of NOSA• Financial need• Community involvement• GPA of 2.5 or higher• First, Second or Third years	\$1,000	Send application to Dr. Tanya Parks by May 15, 2004
The John L. Howlette and C. Clayton Powell Student Founders Award (NOA) Look under Howlette	<ul style="list-style-type: none">• Good academic standing• Current NOSA Member• Demonstrates leadership in profession and community• First, Second or Third year	\$1,000	Send Application to Dr. Tanya M. Parks by May 15, 2004

The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
The Polish Women's Civic Club, Inc.	<ul style="list-style-type: none"> • US Citizen • One parent of Polish heritage • Chicago Area resident 	Varies	Send application by July 1 st , 2004. Must send envelope to them to get application.
Connecticut Association of Optometry	<ul style="list-style-type: none"> • Connecticut Resident 	Unknown	July 15, 2004

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Upcoming Area Runs

Here are a couple great runs coming to Chicago!

Y-ME Race Against Breast Cancer

1 or 3 mile walk/5K run

Mother's Day Sunday, May 9, 2004 at 9:00 am
Chicago's Grant Park

Log onto www.y-me.org for more information and registration.

Best Buddies Race for Friendship

5K Run/Walk

May 15, 2004 at 9:00 am

Soldier Field Lawn

Log onto www.bestbuddiesillinois.org for registration information.

Massage Therapy

Celebrate graduation or the end of finals with a table massage at ICO!

Sharita Davis, a certified massage therapist, provides table massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Please call Shelby at x7460 for further information, to purchase a gift certificate, or to

schedule an appointment.

The next session will be Wednesday, May 19.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers Ferine Ali, Donnie Hager, Randy Gunia and Danny David are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine through 302, Donnie through box 46, Randy through box 528, and Danny through box 508. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

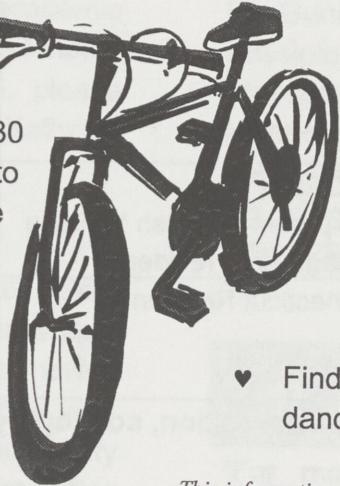
The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Got 10?

The American Cancer Society recommends that you perform 30 minutes of exercise each day to stay fit. This might seem overwhelming, but it is easier than you think. Rather than trying to tackle all 30 minutes at once, consider breaking it up into three 10-minutes segments throughout the day. Here are a few suggestions to help you reach your goal.

- ♥ Take the stairs instead of the elevator
- ♥ Stroll around the block with friends or co-workers during your lunch break



- ♥ Play catch or hide-and-seek with your children
- ♥ Walk or bike to your destination
- ♥ Swim, or walk in waist-deep water at your local pool
- ♥ Hop on a stationary bike or a treadmill when the weather makes it difficult to go outside
- ♥ Jump rope, hopscotch, or play tag with children to get your heart pumping and have fun
- ♥ Find a music channel on television and dance around the house

This information is provided by the American Cancer Society

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

August 23, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out in September 3, 2004 and the submission deadline is September 1.



C A M P U S N E W S

Message from the President

The following was excerpted from President Augsburger's welcoming remarks to the ICO Class of 2008.

The faculty and I have high expectations for your future success and contributions to your future communities.

1. Is it worth it to invest so much time, effort and money to become a doctor of optometry? You bet it is! In the 37 years since I sat in a chair as a new student, the opportunities and experiences I have had as an optometrist have exceeded my expectations many times over.
2. To me, four years of professional degree studies seemed like a long time looking forward, but looking back, it was only a brief memory in a career full of the ability to really make a difference in people's lives. Involvement with activities beyond the academic and clinical program was an enriching part of my professional education, and I encourage you to be involved with the ICO communities for that reason.
3. My late mother used to admonish me, "You can't do everything in one day, but you can do something!" She was right. Persistence is a key to success in a college of optometry, as it is in life itself.
4. Only you have control of your attitude. You can choose to get up happy and enthusiastic to take on each new day, or you can drag out of bed and say, "Woe is me. I'll never make it. The world is against me." Positive attitude is as much a key to your success at ICO as it is to your future career.
5. You are your greatest asset. Take care of yourself physically and emotionally. Have fun. Keep a balance in life. Protect and nourish that asset, and it will grow.
6. Lastly, as a professional, your life should be driven by doing what is right – right for your patients, right for your colleagues, right for your family, and right for your communities.

Remember, life itself doesn't come with guarantees. However, I believe that the greatest likelihood for success comes to those who get involved, are persistent, keep a positive attitude, take care of themselves by keeping a balance in their lives, and most importantly, by doing what is right.

Best wishes to our new students as they work to join the ranks of our successful alumni four years from now.
Arl Augsburger, O.D., President

The Gregg Steele ICO Players Present...

Come join us Friday, August 27th when the students and faculty who make up The Gregg Steele-ICO Players present Fred Carmichael's *"I Bet Your Life"*, comedy in two sets. A Faculty Blindspot will start the festivities that evening at 5:00 pm and the play will begin at 7:30 pm. The event will benefit the Gregg Steele Memorial Scholarship/Faculty Scholarship. Tickets will be on sale the week of August 23rd from approximately 11:00 am until 2:00 pm in front of Room 1200. Tickets will also be on sale before the Play. Any questions please call Dr. Joan Sears at x7178.



ICOlympics



Attention all students, faculty, staff, family and friends. The time has come to show off your competitive



spirit. The ICOlympics are just around the corner – Saturday, August 28th at the Illinois Institute of Technology's Morton Park starting at 11:00 am. There will be a variety of competitions, food, drinks, prizes, t-shirts, medal ceremony and lots of fun. Sign-up sheets for the competitions will be posted in the President's Lounge by the student mailboxes during the week of August 23rd (announcements will be made for each class). Remember to bring you family and friends. Join the festivities and be ready for a good time. Any questions please contact Tom Kline, Box #555 or see Lynn Petrica in Student Affairs x 7408. Hope to see everyone there!

Welcome to All New and Returning Students

The Student Affairs Office extends a warm welcome to returning and new students of ICO. The Focal Point, the student newsletter, is published bi-weekly by the Student Affairs

Office for the entire ICO community. The Focal Point informs students, faculty and staff of items and events concerning the student body.

If you have an announcement or other items you wish to include in the newsletter, or if you have scheduled an event, either on or off campus, please contact Kathy Brownfield in the Student Affairs Office. Kathy also maintains an all campus calendar for reserving rooms and for scheduling events.

President's Welcome Awards Ceremony

Everyone is invited to attend the President's Welcome Awards Ceremony. The program begins at 11:00 am on Monday, August 30th in the Lecture Center. Come and watch the new 1st year class receive their first white lab coats.



First, second and third year students will receive recognition for their awards and scholarships from the 2003-2004 Academic Year.

Meet your Student Affairs Department

The Student Affairs Office serves as a liaison between students, faculty and administration and acts as an information source for the student body. If students have questions about where to go for particular services, stop by the Student Affairs Office and we will answer your questions. If we don't know the answer we will find out for you and/or direct you to the department who can answer your question. Information regarding the Focal Point (student newsletter), scholarships, student leaders, reserving rooms, the master calendar, lockers and replacement ID cards can be found in our office. Students may also schedule appointments with the Vice President for Student Affairs in our office.



Dr. Mark Colip, Vice President for Student Affairs, is responsible for developing and maintaining admissions, student recruitment,

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residential complex, student affairs, student counseling and enrichment, student financial services, student health service, ICO bookstore, food services, scholarships and awards, commencement and fitness center.

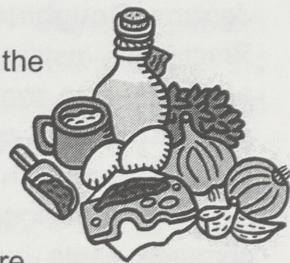
Placement and Recruitment

The Placement Office coordinates ICO's Placement Program which is on-line, through ICO's web-site and interactive. The Placement Office also assists students in locating part-time and summer positions in optometric settings. The bulletin board, which posts these part-time student opportunities, is located outside of the Student Affairs Office. The Placement Office also coordinates the yearly Practice Opportunities Symposium which is designed to help our students envision the many options and opportunities facing them as they begin their practice of optometry. The symposium consists of a panel of recent graduates that share their own experiences and recommendations for success. We also invite representatives from optometric associations, private practice, group practices made up of many health care disciplines, residency programs, government and corporate optometry with all the myriad configurations they jointly and individually represent. The Placement Office also coordinates the Private Practice Club. The club invites private practitioners, practice consultants, financial advisors, etc. to speak to the club at least 6 times during the academic year. All students are welcome to join the club.

The Recruitment Office helps plan the visits of undergraduate institutions during the course of the school year. We represent ICO at numerous Graduate/Professional School Fairs across the nation and in Canada. We also conduct presentations and informational sessions to Pre-Optometry Clubs. For more information contact Lynn Petrica (x7403).

Food Service

Food Service (located on the lower level of Brady Hall) is owned by the college and contracted by Sodexo. Breakfast, lunch and dinner are served Monday through Friday as well as brunch on Saturday and Sunday. Hours of operation are as follows:
Breakfast - 7:30 am - 9:30 am
Lunch - 11:30 am - 2:00 pm
Dinner - 5:30 pm - 7:30 pm
Brunch: Sat. & Sun. -- 11:00 am - 2:30 pm



Everyone is welcome to dine in the Brady Hall Cafeteria. Other than meal plan participants, purchases will be on a OneCard or cash basis.

College Wellness Service

The College Wellness Service, as a component of the Office of Student Affairs, addresses student health issues in both preventative and curative means. The Wellness Service providers include Shelby Lalich, Jeanne Dougherty and Beth Karmis. While each provider has her own area of operation, a team approach is taken to provide the student community holistic wellness services and programming.

Shelby Lalich, as the Fitness Coordinator, in addition to overseeing the day-to-day operation of the fitness center, provides a

plethora of fitness related services.

Personalized services include a variety of fitness assessment protocols, fitness counseling, equipment orientation, and workout program design.

Community services include a quarterly fitness class program, regular fitness and exercise incentive programs, health-oriented bulletin boards, healthy snack breaks during final exams, biweekly seated massage, and health fairs.

Jeanne Dougherty, APN, FNP, the Nurse Practitioner/Institutional Health Officer, provides acute care to our student community. As a primary care provider, working in collaboration with a local physician, Ms. Dougherty diagnoses and treats most common acute health concerns, as well as counsels students on prevention and wellness issues. Jeanne provides women's wellness exams and general physical exams for students, infection control education, immunization information, and preventative health programming. Referrals to specialists or care providers off-campus may be warranted. Fees incurred for laboratory services, pharmaceuticals and off-campus referrals are the student's responsibility.

Beth Karmis, M.A., as the Director of Student Counseling and Enrichment Services, provides both psychological and academic counseling. The psychological and academic counseling services are usually short-term or intermittent to address acute situations or challenges to a student's ability to be successful here at ICO. Referrals to outside services are provided when appropriate/necessary. Fees for outside services are the student's responsibility. Academic enrichment programming, including tutoring services, study skills workshops, and one-on-one sessions are available throughout the year.

Special Note about Wellness Services

Institutional Health / Nurse Practitioner

Jeanne Dougherty will be on medical leave until September 7, 2004. In her absence the Wellness Center will be open for informational purposes. The work-study staff will be able to answer questions, provide referral information, and make appointments for patients wanting to be seen by Ms. Dougherty upon her return. Please do not hesitate to stop by if the need arises.

Student Counseling & Enrichment Services

Beth Karmis will be on maternity leave beginning August 27th through November 5th. Inquiries about personal or academic counseling should be directed to the Vice President for Student Affairs – Dr. Mark Colip - by calling ext. 7405.

Tutoring information will be available and regularly updated. Tutor authorization forms and tutor lists are available in the Wellness Center.

LOCKERS — IMPORTANT INFORMATION

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Thursday, September 2nd**. After this date, the locker will become available for commuting first year students.

If you are a **student off-campus on externship** and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield. Kathy can be reached at 312-949-7401 or kbrownfi@eyecare.ico.edu. Please contact her by **Thursday, September 2nd** with your locker number or the locker will be made available to another student.

Master Calendar

The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflict and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on



the master calendar. Please contact x7401 fourteen (14) days in **advance** of any activity planned for the College community.

Facility – Lecture Center

Opie Nimon, Chief Engineer

The Lecturer Center rooms 1200, 1201, 1202 and 1203 can be configured in several different ways to accommodate varying group sizes. Each room has seating for approximately 160 people each. The room/s can be requested for an event/lecturer by utilizing the room request form in the Student Affairs Office in **advance**. The Facilities personnel are the **only** people that are trained and authorized to move the walls in the Lecturer Center. Do not attempt to move the walls and do not ask Security to move the walls. Moving the walls could be extremely dangerous for persons that are unfamiliar with the mechanics of their construction. If you have any questions about how the walls can be configured or occupancy please contact Opie at x7610.

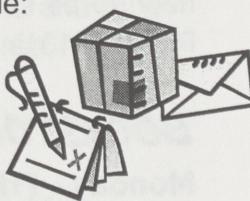
ATTENDANCE

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Academic Administration Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if you registered it in the past, it is still necessary that you register at the beginning of each quarter.

Student Mail

All student mail addressed to the school should include your ICO Box Number along with your class year, for example:

John Doe, year
3241 South Michigan
Avenue
Box #
Chicago, IL 60616



This will help expedite the sorting and delivery of your mail.

The mailroom hours are Monday through Friday, 8:30 am - 4:30 pm. Mail must be in the mailroom by 3:30 pm each day to be included in that day's outgoing mail.

The mailroom makes every effort to deliver mail to your mailboxes no later than 2:00 pm, however, we are occasionally delayed. Please be patient and you will have your mail no later than 4:00 pm. If you are expecting something important, please feel free to stop by the mailroom and check with us, we will be more than happy to help you.

The mailroom receives all incoming UPS packages. Fed Ex packages are delivered to Anthony's Desk at the Indiana entrance.

UPS is sent out Monday thru Friday at 2:15 pm. Fed Ex goes out each day at 3:30 pm. UPS must be paid for in cash on the day it is shipped, FedEx will be charged directly to your student account.

COURTYARD

Weather permitted, student organizations are welcome to use the Courtyard for various functions. However, the grass in the Courtyard cannot withstand much traffic. Therefore, you are asked to stay off the grass and are requested not to set tables or other items on it.

RULES AND REGULATIONS TO BE AWARE OF:

New Student Guide

You will receive a copy of the 2004 Student Guide during the first week of classes. Copies are available in the Student Affairs Office. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

Use of Alcohol at ICO

Student organizations may not use alcoholic beverages in the educational, clinical, recreational or other facilities at ICO, unless

the Vice President for Student Affairs (Dr. Mark Colip) gives permission. Such permission (i.e. BlindSpots) may periodically be granted to student organizations that have completed a Facilities/Fund Raising Request Form.

Facilities/Fund Raising Request Forms should be completed and approved at least fourteen (14) days before any meeting at which alcohol is desired. If alcohol is served at an event, gross/net receipts must be reported to the Student Affairs Office for compliance with City of Chicago ordinances.

Smoking at ICO

Please note that ICO is a smoke free campus. Smoking is prohibited in all campus facilities, including the Residential Complex, stairwells and entryways.

PARKING GARAGE

The parking spaces in the main entrance are for College visitors. Students are reminded that parking their cars in the "circle" (Indiana entrance) for any reason subjects their car to towing.

Please drive carefully while in the parking garage! Mirrors have been installed for your safety; however, it is important that we drive slowly. Also, be sure to park your vehicle between the painted lines.

Please do not park in the patient parking lot for the IEI Clinic. The Patient Parking lot is only for patients and not for faculty, staff or students.

STREET PARKING

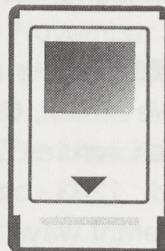
Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parking during cleaning



hours. Always read the street signs in Chicago!

STUDENT I.D. CARDS TO BE WORN AT ALL TIMES

The I.D. card is used to identify students on ICO and IIT campuses and is used to check out equipment or books at ICO. Photo Identification Cards are issued to all students. Your I.D. number remains the same throughout your professional schooling at ICO. Photo identification cards are issued to all students and must be prominently displayed at all times while on college property. The front desk staff will check to make sure all students and staff are wearing their I.D. badges when they enter the building. If a student is not wearing a badge and does not stop at the front desk, Security will be notified.



Patients and those with them will be issued dated visitor tags. Each student should make it his/her responsibility to assist anyone seen in the halls without a badge. Either have them identify themselves, remind them to put on their badge if recognized, or notify Security immediately. For students, staff and faculty, a temporary badge will be issued from Security if the badge is forgotten.

If you lose your I.D. card, please notify the Security Office immediately. A temporary I.D. will be issued. The I.D. card replacement fee is \$25. An application to purchase a spouse I.D. card may be obtained from the Student Affairs Office. The fee is \$5.00 to be paid at the ICO Cashier. The application and receipt need to be submitted to the OneCard Office, Room 1013, in Brady Hall.

BOOKSTORE HOURS

Monday - Friday
9:30 am – 4:30 pm

CAFETERIA HOURS

Monday-Friday:

Breakfast - 7:30 am - 9:30 am
Lunch - 11:30 am - 2:00 pm
Dinner - 5:30 pm - 7:30 pm

Saturday Sunday

Brunch - 11:00 am - 2:30 pm

BULLETIN BOARDS

Interested in posting a notice on the appropriate bulletin board? Interested in locating an item or event of interest? Use the following index for locations containing bulletin boards designated for a particular use:

AOA-PAC - outside the Bookstore

Campus event calendar - glass case outside Room 1200 (see Kathy in Student Affairs to get events posted)

Class Schedules - column outside the Student Affairs Office

Financial Aid - outside the Financial Aid Office

1st year academic related information - outside Room 1200

For sale items - above mailboxes

Housing (off campus) - President's Circle Lounge/Mailroom or in a binder in the Student Affairs Office

Jobs - column outside the Student Affairs Office (off campus), Financial Aid Office (work-study)

Note Service - south wall at library entrance

Part-time student job opportunities - column outside the Student Affairs Office

Registrar's information - column outside the Student Affairs Office

RC resident information - RC entrance

Student Association news, etc. -

President's Circle Lounge

Schedules - column outside the Student Affairs Office

2nd year class - outside Room 1201

Social activities - mailbox area and class bulletin boards

Special events board - outside mailbox area

Student Association - outside the Bookstore

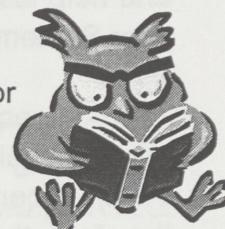
SVOSH - outside the Bookstore

3rd year class - outside Room 1202 (upper west entrance)

Work-study - outside Financial Aid

STUDY AREAS

There are several study areas located on campus designated for studying. Applicable locations and hours are given:



Library

Monday - Friday	8:00 am - midnight
Saturday	9:00 am - midnight
Sunday	10:00 am - midnight

Brady Cafeteria

Monday - Sunday	7:30 am - 3:00 am
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President's Circle Lounge (Mail Foyer)

Monday - Sunday	24 hours
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Laboratories

Monday - Friday	5:00 am - 11:00 pm
Saturday - Sunday	1:00 pm - 6:00 pm

**Pre-clinic Laboratory has special hours and usage guidelines. See your instructor or Dr. Baker.*

LOST AND FOUND

The lost and found area is located in the Security Office on the second floor above the main entrance. Personal belongings and equipment should be covered by personal insurance policies of students or their parents (homeowners). Students are urged to permanently mark all equipment and personal belongings. The College is not responsible for the loss of personal property.

STUDENT ORGANIZATIONS

All student organization leaders need to submit a list of their newly elected officers for 2004-2005 to the Student Affairs Office as soon as possible.

Special Olympics

Special Olympics Vision Screening at the United Center – September 22nd, 2004

The Medfest Special Olympic Vision Screening is quickly approaching. We expect this year's Medfest to be even bigger and better. We appreciated all your time and help last year and hope to see you this year September 22.

The Special Olympics Lions Club International Opening Eyes (SOLCIOE) Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening. Those failing the screening will get a refraction and be fitted with a free pair of prescription eye glasses and/or sports goggles.

The SOLCIOE will be providing vision screenings on September 22nd from 8:00am to 2:00pm Chicago, IL at the United Center.

We need as many optometrists, opticians, students, family/friends as possible to volunteer their services. Every volunteer who has participated in the SOLCIOE Program has found it an invaluable learning and growing experience.

Please help us in making the SOLCIOE Program a success again by volunteering! If you are interested in participating in any way, please contact Melissa Sigler, OD at 815-577-6410 or mrsig91@aol.com. Or msigler@eyecare.ico.edu. Please respond by September 8th.

Sincerely,
Melissa Sigler, OD
(SOLCIOE Illinois Clinical Director)

Spotlight on the Library

by Kathryn Johnston



Welcome to the Class of 2008 and welcome back returning students!

The Library and its staff are here to help you. You will need your campus identification card in order to check out Library materials, including items on reserve. Library materials can be renewed online, if you obtain your Library user identification number and password from a library staff member.

The Library is pleased to introduce our new serials librarian, John Goss. John Goss previously worked as a librarian at Northwestern University and has taught English in Japan. He succeeds Laurie Curtis, who retired earlier this year.

The Library has upgraded its online offerings. The Library often provides links to full-text articles from our website. Some of these journals require that the Library staff give you a password. The periodicals available full-text online are listed on the Library website under "Full Text Sources." In addition, there are now links from PubMed and FirstSearch that indicate whether ICO owns a particular article or book if you access PubMed and FirstSearch from the Library website. The Library's website from on campus is:

<http://icolibrary/library.htm>

Off campus, the Library's website is:

<http://library.ico.edu>

Circulation Policies	Time	Overdue Fine
Books (including recreational paperbacks), audio cassette tapes	4 weeks	\$1.00/day
Videocassettes and CD-ROMS	1 Week	\$1.00/day
Journals and Magazines	24 hours	\$1.00/day
Digital	24 hours	\$1.00/hour

camera/laptop computer/calculators		
Library study rooms	4 hours	
Reserve books and articles	3 hours	\$1.00/hour

The Library does employ student workers, mostly for evening and weekend hours. Please contact John Goss in the Library workroom if you would like to apply for a position.

The Library received some new books this summer. Most will still be on the new book shelf:

Counseling the Procrastinator In Academic Settings, LB2395.4 .C68 2004

Sportsvision: Training For Better Performance, RE960.W53 2004

Bull's handbook of sports injuries, RD97.H36 2004

Sports Injuries and Emergencies: a quick Response Manual, RD97.S6884 2003

Career Advocate for the New Practitioner, by the American Optometric Association.

RE959.C33 2003

Orthokeratology: Principles and Practice, RE977.C6M68 2004

Teaching Made Easy: A Manual For Health Professionals R772.M64 2004

This last book is an unusual acquisition for the library. It is a novel written by a local optometrist satirizing life in corporate optometry:

The Big Store, by Jennifer Malpass
PS3563.A4333 B44 2002

Good luck in the new school year! We look forward to seeing you in the Library!

Tanzania Team

International Service Learning Pre-Health Professions Program is offering the most clinical and intense hands-on experience in Tanzania. The team will consist of Medical, Dental, Pharmacy, Optometry and Nursing students. The program is from Dec 27 – Jan 14, 2004-05. Teams are accompanied by

professional medical staff in addition to resident medical staff at each clinic location. For more information: www@ISLonline.org/health or info@ISLonline.org or 816-322-0805. We also have information in the Student Affairs Office in the rack by the window.

American Optometric Foundation

The AOF is honored to announce the generous donation by Baush & Lomb on behalf of Karla Zadnik, O.D., Ph.D., F.A.A.O., as a recipient of a 2004 Baush & Lomb Visionaries Recognition Award. Dr. Zadnik is being honored for her efforts to expand the field of optometry in both research and patient care. Her research has contributed greatly to the current body of knowledge on complex eye care issues such as the nature of myopia development in children, with her work in the Collaborative Longitudinal Evaluation of Ethnicity and Refractive Error Study, and the natural history of keratoconus, with the Collaborative Longitudinal Evaluation of Keratoconus Study.

C L A S S I F I E D S

Wanted: TA's for the Binocular Vision Disorders lab.

Monday, Tuesday, Wednesday and Thursday 9 – 12 and Wednesday 1 – 4 pm.

Email callison@eyecare.ico.edu if interested.

TO: 2nd, 3rd, 4th year students

FROM: Dr. Trachimowicz

RE: Human Anatomy TUTORS

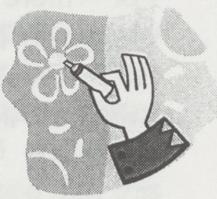
Tutors are always needed for Human Anatomy, and many second years have already signed up. But if anyone else is interested in being a TUTOR (for lecture material or just to tutor lab practical stuff) please contact me (x7180) or Beth Karmis and we can get you signed up! Its a good review for the NBEO exams.

Thanks

TO: 1st, 2nd, third and 4th year students

RE: ILLUSTRATORS

I have a few excellent illustrators currently redrawing diagrams for my Anatomy, Ocular Anatomy and Histology lecture notes and lab manuals.



But there are many figures to redo so if you have artistic skills and would like to be added to the list, please contact me (via email, voicemail or regular mail in my box or under my office door) at your earliest convenience. A sample of your art work is always appreciated.

Thanks

Dr. Trachimowicz

email: RTrachim@ICO.edu

Brady Hall 2017

x 7180

TAs

Dr. Lee and Dr. Schlange need lab TAs for the Bino Vision & Ocl Motility labs:

Mon 2-4pm, Tues 1-3pm, Wed 2-4pm, Thurs 1-3, 3-5pm, Fri 1-3pm.

Please call Dr. Lee immediately at ext. 7174 if interested.

R E S I D E N C I E S

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The John Gyles Education Award	<ul style="list-style-type: none">Canadian or United States CitizenMinimum of 2.7 GPA	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
Maitoba Association of Optometrists 2004/05 A.H. Baseman O.D. Scholarship	<ul style="list-style-type: none">Manitoba residents	(4) \$1,000	September 20, 2004
Petry-Lomb Scholarship Fund	<ul style="list-style-type: none">2nd, 3rd, or 4th year New York State residentHigh Academic standards	Minimum of \$2,000	October 15, 2004
The Greek Women's University Club	<ul style="list-style-type: none">FemaleOne parent of Greek descentUSA CitizenResident of Chicago Metropolitan area		October 23, 2004

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Fall Group Fitness Classes

The fall group fitness classes will begin Tuesday, August 24. All classes are held in the gym and are free to students, faculty and staff. Please check the bulletin board outside the gym for the schedule and class and descriptions.

Making Strides Breast Cancer Walk on Sunday, October 17

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slalich@eyecare.ico.edu for details.

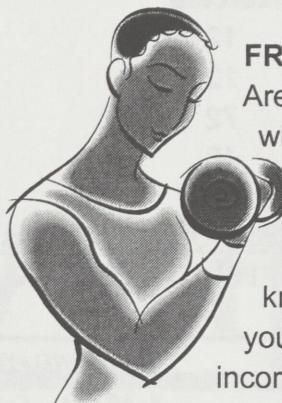
Massage Therapy

Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10 minute sessions, and gift certificates are available. Carol is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, August 25 and Wednesday, September 8.



FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Randy Gunia and Donnie Hager and Danny David are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine through box 302, Randy through box 528, Donnie through box 46 and Danny through box 508. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Rest for the Test

Exercising before certain routine medical tests can skew the results. After conducting studies using vigorous exercise, *Consumer Reports on Health* recommends refraining from exercise before undergoing the following tests:

Test Name	Hours to refrain from exercise		
Lipid profile	12 to 24	Leukocyte blood assay	4 to 6
Creatine kinase assay	12 to 24	Prostate-cancer screen	12 to 24
Fecal occult-blood test	72	Sphygmomanometry	1 to 8
Kidney-function test	48		

Fall Quarter Fitness Class Schedule
EFFECTIVE TUESDAY, AUGUST 24, 2004

<i>MONDAYS:</i>		
<i>4:30 PM – 5:15 PM</i>		
<i>ABS/LOWER BODY CONDITIONING</i>		
	<i>MELISSA</i>	
<i>TUESDAYS:</i>		
<i>12:00 PM – 1:00 PM</i>	<i>3:15 PM – 4:00 PM</i>	<i>7:00 PM – 8:00 PM</i>
<i>PILATES MATWORK</i>	<i>CARDIO/DANCE</i>	<i>STRENGTH TRAINING</i>
<i>SHELBY</i>	<i>MELISSA</i>	<i>LAUREN</i>
<i>WEDNESDAYS:</i>		
	<i>1:00 PM – 2:00 PM</i>	
	<i>CIRCUIT STATIONS</i>	
	<i>SHELBY</i>	
<i>THURSDAYS:</i>		
<i>12:00 PM – 1:00 PM</i>		<i>7:00 PM – 8:00 PM</i>
<i>HATHA/POWER YOGA</i>		<i>STRENGTH TRAINING</i>
<i>RAMONA</i>		<i>LAUREN</i>
<i>FRIDAYS:</i>		
<i>11:30 AM – 12:30 PM</i>		<i>1:00 PM – 1:30 PM</i>
<i>CIRCUIT SLAM</i>		<i>STRETCH AND RELAXATION</i>
<i>SHELBY</i>		<i>RAMONA</i>



IColympics

Saturday August 28th
11 am 'till 4 pm

At Morton Park on the IIT campus: Walk ~~West~~ through the IIT campus and **cross State Street**, park is located next to Hermann Union Building.

The entire ICO Community is invited
(Students, Faculty and Staff)
for food, fun and friendly competition.
Sign up for teams and events in the
President's Lounge

Any Questions: Call Tom Kline,
708-829-2193 or Box 555 or
Lynn Petrica x7403



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Do you want Soft Toric Contact Lenses?

GET A COMPLEMENTARY FIT!



Date: Sunday September 12, 2004

Time: 2-3 hrs.

SIGN UP ASAP @ CONTACT LENS CLINIC
(Ext: 7240)

Family members also welcome

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

September 3, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out September 17, 2004, and the submission deadline is September 15.



C A M P U S N E W S

Attention 2nd, 3rd, and 4th Year Students

New Log-in for Eyedoc!

Check your NEW log-in for Eyedoc.

Login:

First Initial of first name and up to 11 characters of the last name.

(Sample:

tjones@eyedoc.ico.edu)

Password: same as the view portal system: First 3 digits of SS#, birth month (2 digits), year (2 digits). Canadian Students use Social Insurance # instead of Social Security #.

New messages will not come to your old eyedoc account. The old account will be completely disabled by 12/31/04.

This System is an official method of communication at the College.

Register to Vote

Dr. Susan Kelly, a Deputy Registrar for Elections, will be on campus outside room 1200, Wednesday, September 15, 22, and 29 from 1pm – 2pm to register voters. Voter Registration is easy and quick. Just note that you must:

1. Live at the registration address you provide (your college or grad school address is ok) for at least 30 days prior to the election.
2. Register in person so you can sign the



*By all these lovely tokens
September days are here
With summer's best of weather
And autumn's best of cheer.
- Author Unknown*

Registration Oath.

3. Display two (2) pieces of ID. ID can include: Driver's License, social security card, utility bill in your name, employee, public assistance or student ID, credit card, union or organization membership card, printed checkbook with your name, birth certificate, or passport.

All First Professional Year students –

ICO Class of 2008:

The Illinois Optometric Association (IOA) has provided the Student Affairs Office with "Collegiate Membership Applications" for student membership in the IOA. Your membership is provided at no additional cost to you via your membership in the American Optometric Student Association (AOSA), which is provided for all ICO students. Please complete the form and return it to the Student Affairs Office and we will in-turn bulk mail them to the IOA for you. If you misplaced your form, additional forms are available in the student affairs office.

Membership in the IOA is a wise choice. The IOA is a great friend of ICO and we frequently work together on matters of importance to optometry both in Illinois and nationally. For example, the IOA recently assisted ICO in

Lobbying for continuation of a \$400,000 educational grant from the State of Illinois. Your student membership should be the first step of a lifetime of membership in your state association (the IOA if you choose to practice in IL) and the American Optometric Association. As was often said during Orientation, your involvement in the profession will be directly related to your satisfaction with your chosen profession. Start today!

Additional details on the upcoming Illinois Optometric Association Convention will be available soon. The event runs Oct. 1-3 in Springfield, IL. Students are welcome and can attend at no cost, including free meals! Put it on your calendar now and look for details soon!

Spotlight on the Library

by Kathryn Johnston

The Library will be closed for Labor Day weekend. Reserve books may be checked out on Friday after 2:00 p.m. and are not due until Tuesday morning, September 7 at 9:00 a.m.

Friday, September 3, 8:00 a.m.-5:00 p.m.

Saturday, September 4, CLOSED

Sunday, September 5, CLOSED

Monday, September 6, CLOSED

Tuesday, September 7, 8:00 a.m.-12:00

midnight

(Resume normal hours)

The Library has three computers near the circulation desk and one by the media desk reserved for library catalog use or other library research. Please do not read email or use them for non-research purposes. They do not require logins, so they may be used by visitors.

The Library's computers may direct print jobs to the laser printers, or to the Library's two Ricoh photocopiers on the first or second floor of the Library. When printing, click on the toolbar, "File," and then on "Print." Check to see where the print job is being directed, and



click on a different one if desired. There is no charge for printing from the computers, although most require an ID card swipe to actually print.

LRC-LJ-5000, First floor
computer lab laser printer

LRC-Ricoh-1st, First floor Ricoh
photocopier/printer

LRC-Ricoh-2nd, Second floor Ricoh
photocopier/printer

LRC-HP-4.4, Library catalog printer (used
only for four public library catalog computers)

The Ricoh photocopiers on the second and first floor of the library can be used as printers from the Library's computers. They also have the capability of collating, stapling, and even punching three notebook holes in the print or photocopy jobs.

Please do not save files or documents onto the library's computers. They will disappear when the computer is logged off from your account. In order to save your work, save the file or document to a flash memory card. It also may be possible to save onto a floppy disk or to email the file to your eyedoc email account.

Here are some new books which may interest you!

Orthokeratology: Principles and Practice by
Mountford, Ruston, and Dave
RE977.C6 M68 2004

Wavefront Technology, Ophthalmology
Clinics of North America series
RE1. O7 v. 17 no. 2 2004

Manual of Eye Emergencies, Webb
RE831 .W4 2004

Clinical Contact Lens Practice, Bennett and
Weissman
RE977 .B42

Art Beyond Sight, Axel and Levent
HV1664 .A75 A78 2003

Color Vision and Colorimetry, Malacara
QP483 . M353 2002

Practical Binocular Vision Assessment,

Eperjesi and Rundstrom

RE735 .E647 2004

Ocular Pharmacology and Drug Delivery,

International Ophthalmology, Clinics series,

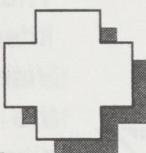
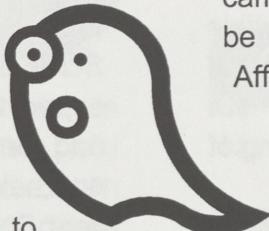
RE1 .I7 v. 44 no. 3 Summer 2004

Congratulations

Congratulations to the 2008 Class Representatives Nana Owusu and Grace Tran.

Boo Bash Costume Party

If you're headed home for the weekend, don't forget to bring back your costume for the Boo Bash on Saturday, October 9th. There will be plenty of prizes and a good time for everyone. Sign-ups outside 1200 to come soon.



Blood Drive

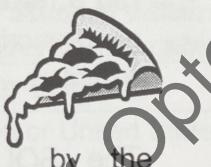
Summer had run the blood banks low and the American Red Cross is in need of our help to replenish their stores. Stop by the gym on Friday, September 24th from 11 am – 3 pm to do your part. Contact Jaimie King at box # 553 for more information.

Club Blindsight

Friday, September 10, from 5

pm-7 pm

Students, do you want to get involved but you're overwhelmed by the number of clubs? Come to the Club Blindsight Friday, September 10th in the courtyard!



All ICO clubs will be represented and members can answer any questions you may have. There will be free pizza and beverages from 5 pm -7 pm.

Food and Clothing Drive

A big thank you to all who contributed to the Student Association's Food & Clothing Drive!! Two truckloads were donated to the Pacific Garden Mission. Clothing was also given to the Family Rescue which is a domestic abuse shelter for women and children. Thanks again

for your support and contributions.

AOSA Student Insurance

If you are looking for student insurance for the year, pick up a form from the AOSA in the Student Affairs Office or go online at www.studentresources.net.

Did You Sign Up Your Locker?

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

Master Calendar

The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflict and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in **advance** of any activity planned for the College community.

Unite For Sight,

Unite for Sight is a student-run global humanitarian organization that works internationally to improve health outcomes and prevent blindness.

Unite For Sight is committed to service-learning, and they have numerous volunteer projects and internships available for students interested in applying their expertise to service-learning opportunities and international health. Opportunities range from health outreach in their local communities to graphic design, web design, and journalism to international internship opportunities in African and Asian countries. In addition to opportunities for college and graduate students, they also have service-learning projects for K-12 students, including implementing eyeglass drives and starting Unite For Sight Eye Health Clubs in schools.

If you are interested in pursuing a service-learning opportunity with Unite For Sight, or if you would just like to learn more about the organization, please contact Jennifer Staple, Founder, President & CEO at Jennifer.Staple@aya.yale.edu or visit their website at www.uniteforsight.org

Attendance

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Academic Administration Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if you registered it in the past, it is still necessary that you register at the beginning of each quarter.

Student Mail

All student mail addressed to the school should include your ICO Box Number along with your class year, for example:

John Doe, year
3241 South Michigan
Avenue
Box #
Chicago, IL 60616



This will help expedite the sorting and delivery of your mail.

PARKING GARAGE

The parking spaces in the main entrance are for College visitors. Students are reminded that parking their cars in the "circle" (Indiana entrance) subjects their car to towing.

Street Parking

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parking during cleaning hours. Always read the street signs in Chicago!



Remember to wear your I.D. Card

Student Organizations

All student organization leaders need to submit a list of their newly elected officers for 2004-2005 to the Student Affairs Office as soon as possible.

Special Olympics

Special Olympics Vision Screening at the United Center – September 22nd, 2004

The Medfest Special Olympic Vision Screening is quickly approaching. We expect this year's Medfest to be even bigger and better. We appreciated all your time and help last year and hope to see you this year September 22.

The Special Olympics Lions Club International Opening Eyes (SOLCIOE) Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening. Those failing the screening will get a refraction and be fitted with a free pair of prescription eye glasses and/or sports goggles.

The SOLCIOE will be providing vision screenings on September 22nd from 8:00am to 2:00pm Chicago, IL at the United Center.

We need as many optometrists, opticians, students, family/friends as possible to volunteer their services. Every volunteer who has participated in the SOLCIOE Program has found it an invaluable learning and growing experience.

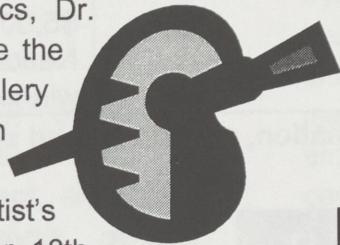
Please help us in making the SOLCIOE Program a success again by volunteering! If you are interested in participating in any way, please contact Melissa Sigler, OD at 815-577-6410 or mrsig91@aol.com. Or

msigler@eyecare.ico.edu . Please respond by September 8th.

Sincerely,
Melissa Sigler, OD
(SOLCIOE Illinois Clinical Director)

ICO Professor Featured Artist

ICO Professor of Pediatrics, Dr. Dominick M. Maino, will be the featured artist at the Gallery ABBA in scenic downtown Beloit, Wisconsin this September. The artist's reception is on September 18th from 7-9PM. Gallery ABBA is an art-business venture devoted to showing, promoting, and selling art produced by those associated with Beloit College and is located at 437 Grand Ave. in the historic downtown area. Dr. Maino is an alumnus of Beloit.



Dominick's fine art photography exhibit includes thought provoking scenes of abandoned farms, the brilliant colors of

animal life, and big city images of his magnificent hometown, Chicago. His works have been exhibited most recently at the Lemont Art Walk (Lemont, IL) and have been published on the cover of the Catholic New World. His website, <http://www.dmaino.com/PhotoArt.net>, is available online as well.

Dominick Maino's artist's reception is scheduled Saturday, Sept 18th from 7-9PM. For more information concerning Gallery ABBA please call 608-361-6611 ext. 1115.

C L A S S I F I E D S

No classifieds at this time.

R E S I D E N C I E S

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The John Gyles Education Award	<ul style="list-style-type: none">• Canadian or United States Citizen• Minimum of 2.7 GPA	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
Manitoba Association of Optometrists 2004/05 A.H. Baseman O.D. Scholarship	Manitoba residents	(4) \$1,000	September 20, 2004
Petry-Lomb Scholarship Fund	<ul style="list-style-type: none">• 2nd, 3rd, or 4th year New York State resident• High Academic standards	Minimum of \$2,000	October 15, 2004

The Greek Women's University Club	<ul style="list-style-type: none"> • Female • One parent of Greek descent • USA Citizen • Resident of Chicago Metropolitan area • 		October 23, 2004
Alcon 4th Year Optometry Student 2005 Scholarship Award –Case Study	<ul style="list-style-type: none"> • 4th Year Optometry Student • Write a case report that incorporates Alcon product 	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Fall Group Fitness Classes

Great new classes and class times have been added to the fall group fitness class. Please check the bulletin board outside the gym for more information.

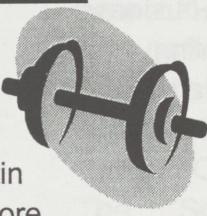
Making Strides Breast Cancer Walk on Sunday, October 17

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slalich@eyecare.ico.edu for details. It is only \$15 to participate and you get a great t-shirt!

Massage Therapy

Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex



musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available.

Carol is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, September 8 and Wednesday, September 22.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Ferine Ali, Emily Southcott, Donnie Hager, Randy Gunia, Danny David, and Greysen Barger all experienced fitness instructors and ICO students. Ferine can be reached through box 302, Emily can be reached through

box 246, Donnie can be reached through box 46, Randy can be reached through box 528, Danny can be reached through box 508 and Greyson can be reached through 489. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Frying with Healthful Fats

It is well publicized that canola oil and olive oil are healthier options for cooking and baking. However, when it comes to frying, cooks beware. Frying food can undermine the health benefits of the oils and the food you are preparing. The high temperatures can destroy the vitamins, antioxidants and other disease-fighting compounds in the food and the oil. The heat also creates other substances that help cholesterol stick to the artery walls. In addition, heating any oil repeatedly or lengthily may create potentially cancer-causing compounds. A better solution would be to avoid the frying pan and try the oven instead.



This information is provided by Consumer Reports on Health

Fall Quarter Fitness Class Schedule (Revised)

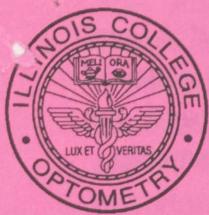
Mondays:		
1pm -2pm		4:30 pm – 5:15 pm
Salsa		Abs/Lower Body Conditioning
Tuesdays:		
12:00 pm – 1:00 pm	3:15 pm – 4:00 pm	7:30 pm – 8:30 pm
Pilates Matwork	Cardio/Dance	Strength Training
Shelby	Melissa	Lauren
Wednesdays:		
1:00 pm – 2:00 pm		7pm 8pm
Circuit Stations		Yogalaties
Shelby		Kristie
Thursdays:		
12 pm – 1 pm	5pm – 6pm	7:30 pm – 8:30 pm
Hatha/Power Yoga	Salsa	Strength Training
Ramona	Kathy	Lauren
Fridays:		
12 pm – 1 pm		1:00 pm – 1:30 pm
Circuit Slam		Stretch and Relaxation
Shelby		Ramona

FALL QUARTER, 2004/2005
EXAM SCHEDULE

REVISED 9/2/04

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
DATE	PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME		
	FIRST YEAR	SECOND YEAR	THIRD YEAR
Sept 8 W	BHS 116 Human Physiology Room 1200-1203		
Sept 9 TH		CLE 270.1 Ophthalmic Optics Room 1200-1203	
Sept 10 F	BHS 120.1 Geo & Theo Optics Room 1200-1203		
Sept 14 T	BHS 114 Human Anatomy Room 1200-1203	BHS-254.1 General Pharmacology Room 1201-1202	
Sept 15 W			CLE 375 Binocular Vision Disorders Room 1200-1203
Sept 17 F	BHS 150.1 Biochemistry Room 1200-1203	CLE 262.1 Optometry 2.1 Room 1201-1202	
Sept 20 M	BHS 140.1 Sensory Aspects of Vision Room 1200-1203		
Sept 21 T		BHS 212 Ocular Physiology Room 1200-1203	CLE 365.2 Contact Lenses II Room 1201-1202
Sept 22 W	BHS 116 Human Physiology Room 1200-1203		
Sept 24 F		BHS 244 Binocular Vision Room 1200-1203	BHS 360.1 Clinical Medicine Room 1201-1202
Sept 28 T	BHS 114 Human Anatomy Room 1200-1203		BHS 363.2 Ocular Disease IV Room 1201-1202
Sept 29 W		BHS-254.1 General Pharmacology Room 1200-1203	
Sept 30 TH	BHS 120.1 Geo & Theo Optics Room 1200-1203		
Oct 1 F		CLE 270.1 Ophthalmic Optics Room 1200-1203	
Oct 4 M	BHS 150.1 Biochemistry Room 1200-1203		
Oct 5 T		CLE 262.1 Optometry 2.1 Room 1200-1203	
Oct 6 W	CLE 162.1 Intro to Optometric Procedures Room 1200-1203		
Oct 7 TH			CLE 375 Binocular Vision Disorders Room 1200-1203
Oct 8 F	BHS 140.1 Sensory Aspects of Vision Room 1200-1203	BHS 212 Ocular Physiology Room 1201-1202	
Oct 11 M			CLE 365.2 Contact Lenses II Room 1200-1203
Oct 12 T	BHS 116 Human Physiology Room 1200-1203		
Oct 14 TH		CLE 270.1 Ophthalmic Optics Room 1200-1203	BHS 360.1 Clinical Medicine Room 1201-1202
Oct 15 F	BHS 114 Human Anatomy Room 1200-1203		
Oct 18 M	BHS 120.1 Geo & Theo Optics Room 1200-1203		
Oct 19 T		BHS-254.1 General Pharmacology Room 1200-1203	BHS 363.2 Ocular Disease IV Room 1201-1202
Oct 20 W	BHS 150.1 Biochemistry Room 1200-1203		
Oct 22 F		CLE 262.1 Optometry 2.1 Room 1200-1203	CLE 380.2 Clinic Exam Room 1201-1202
Oct 26	BHS 140.1 Sensory Aspects of Vision Room 1200-1203	BHS 244 Binocular Vision Room 1201-1202	

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

September 17, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out October 1, 2004, and the submission deadline is September 29.



CAMPUS NEWS

Financial Tips of the Month

Student Financial Services

Credit Cards

About eight out of every ten credit card users carry a balance from month to month. While your goal is to pay off your credit card debt entirely, until you can, take note of the following suggestions:

- ✓ Pay your bill the day you get it.
- ✓ Never miss a payment.
- ✓ Find out how interest is calculated.
- ✓ Pay more than the monthly minimum.
- ✓ Take on no new debt.

Benefits of a Spending Plan

A spending plan is a fundamental tool that enables all of us to control our money so that it doesn't control us.

- ✓ It gives you the facts about how we're doing.
- ✓ It avoids WASTE.
- ✓ It keeps our values and priorities in check.
- ✓ It reflects what is really important to us.

Gain control of your spending plan by setting up a filing system and developing regular bill-paying habits.

Getting Started:

Your steps may be different depending on where you are in your financial life. The good news is that if you are starting to pay closer

attention to your finances, you can develop some healthy habits that will help you for the rest of your life.

First Step:

The first step is to keep a detailed spending diary for two to four weeks so that you can get a better sense of your regular cash expenditures.

Get It in Order:

Set up a financial filing system. To get your paperwork organized, you need a place to put items like loan papers credit card statements, and bank statements. The easiest way to do this is with file folders. Sample folders you may need:

- ✓ Student Loans (This would include monthly school bills.)
- ✓ Bank Statements
- ✓ Credit Cards (Set up a different folder for each card.)
- ✓ Optometry Equipment and Warranties
- ✓ Insurance
- ✓ Taxes

Take a look at personal finance software like Quicken and Microsoft Money, which can help you keep track of your spending.

Emergency Fund:

Generally, an acceptable financial cushion is from one to three months' worth of living expenses.

Spotlight on the Library

by Kathryn Johnston

The Library has three computers near the circulation desk and one by the media desk reserved for library catalog use or other library research. Please do not read email or use them for non-research purposes and do not log onto these computers, since they are designed for public usage. Leave them logged on and open to the library web page when you are finished using them. Thank you.

Library Scanners. OCR (optical character recognition) software is installed on two of the computers in the first floor library computer laboratory. They have the HP scanners connected to them. Omnipage 14 allows you to scan a document into Word so that you can edit the text. This is very helpful when you have a print of a document but have lost the actual file. The scanners can also be used for scanning images within copyright limits.

Internet Access and your laptop. Each carrel in the library is equipped with an orange or black network jack (RJ45). If your laptop has a network jack or a PCMCIA network card, you can log into the internet at any carrel in the library. Media Circulation has network cables that you may borrow for a day. Let Mr. Dujisk know if you have any problems.

Reserve Readings and Quizzes. The library has added more copies of highly used materials. Thanks to the three students who are opening the library at 7 am on Quiz days. The library staff and your peers appreciate your early morning efforts.

Good Showing in Hawaii

ICO was represented well this summer at the NOA/NOSA convention in Honolulu, HI. Jason Blowe (3rd year) was elected as the National President of NOSA and will start his term in July 2005. Samantha Hair (4th year) was awarded the \$1000 Robert Johnson Pediatric/Binocular Vision Award. To top it off, the ICO chapter of

NOSA won the "School of the Year" Award. This award was given partly due to increased membership (115 in 2003-2004) and the establishment of a local chapter scholarship.

ICO Lapel Pins/Business Cards

For your networking needs, NOSA will be selling business cards and ICO lapel pins, September 21-24th from 11 am -2 pm. Stop by our table outside of room 1200.

New NOSA Officers

The ICO chapter of NOSA would like to welcome newly elected corresponding secretary, Michaela Thompson, and historian Janet Wheeler to the Board of Officers. They join Jason Blowe (President), Joseph Pruitt (Vice President), Nhat Le (Parliamentarian), Marhja Lanns (Recording Secretary), Priscilla Ramos (Treasurer), Tirsha Dukes (Delegate), and Cerella Wade (Delegate).

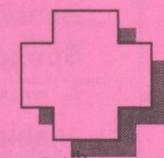
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Blood Drive

Summer had run the blood banks low and the American Red Cross is in need of our help to replenish their stores. Stop by the gym on Friday, September 24th from 11 am - 3 pm to do your part. Contact Jaimie King at box #553 for more information.



IOA Convention 2004

Opportunities in Optometry

Dr. Colip

The Illinois Optometric Association has extended an open invitation to all ICO students to register and attend the 2004 IOA Convention in Springfield, Illinois, Oct. 1-3.



The Annual IOA Convention provides an opportunity for ICO students to attend Continuing Education (CE) provided by nationally recognized lecturers on important current topics, visit the Exhibit Hall and make important O.D. and industry contacts, eat for FREE, attend evening social events and meet O.D.'s. The IOA generously provides FREE registration and meals for all ICO students. The IOA will also offer FREE hotel rooms for interested students willing to share 4 students to a room.

If interested, see the IOA website (www.ioaweb.org) for further details or visit the Student Affairs Office to review the Convention brochure. If you plan to attend, complete the Registration Form that was emailed to your eyedocs account and turn in to Student Affairs prior to Sept. 22 - early Registration is advised.

AOF News

Dr. John Flanagan is the recipient of the 2004 Glenn A. Fry Lecture Award. And Dr. Lawrence Gray is awarded posthumously *The Michael G. Harris Family Award for Excellence in Optometric Education*.

The American Optometric Foundation (AOF) is honored to recognize the generosity of Dr. Joseph Molinari, O.D., M.Ed., F.A.A.O., who had named AOF as a beneficiary in his charitable remainder unitrust. In establishing this planned gift, Dr. Molinari will endow *The Antoinette Molinari Memorial Scholarship*. This \$5,000 scholarship is awarded annually to an exceptional student who would have difficulty meeting the financial requirements of attending optometry school.

Special Olympics

Special Olympics Vision Screening at the United Center – September 22nd, 2004
The Medfest Special Olympic Vision Screening is quickly approaching. We appreciated all your time and help last year and hope to see you this year September 22.

The Special Olympics Lions Club International Opening Eyes (SOLCIOE) Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening. Those failing the screening will get a refraction and be fitted with a free pair of prescription eye glasses and/or sports goggles.

The SOLCIOE will be providing vision screenings on September 22nd from 8:00 am to 2:00 pm Chicago, IL at the United Center.

Please help us in making the SOLCIOE Program a success again by volunteering! If you are interested in participating in any way, please contact Melissa Sigler, OD at 815-577-6410 or mrsig91@aol.com. Or msigler@eyecare.ico.edu. Please respond by September 8th.

Melissa Sigler, OD
(SOLCIOE Illinois Clinical Director)

Attention 2nd, 3rd, and 4th Year Students

New Log-in for Eyedoc!

Check your NEW log-in for Eyedoc. Login:
First Initial of first name and up to 11 characters of the last name. (Sample: tjones@eyedoc.ico.edu)

Password: same as the view portal system: First 3 digits of SS#, birth month (2 digits), year (2 digits). Canadian Students use Social Insurance # instead of Social Security #.

New messages will not come to your old eyedoc account. The old account will be completely disabled by 12/31/04. **This System is an official method of communication at the College.**

Don't Forget!

If you happen to be in Northern Illinois or Southern Wisconsin, drop in on Dr. Maino's photography exhibit on Saturday, September 18th in Beloit, WI at the Gallery ABBA in downtown Beloit. The artist's reception is from 7-9P pm.

CLASSIFIEDS

No classifieds at this time.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The John Gyles Education Award	<ul style="list-style-type: none">Canadian or United States CitizenMinimum of 2.7 GPA	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by April 1, June 1, and Nov 15, 2004
Maitoba Association of Optometrists 2004/05 A.H. Baseman O.D. Scholarship	<ul style="list-style-type: none">Manitoba residents	\$1,000	September 20, 2004
Petry-Lomb Scholarship Fund	<ul style="list-style-type: none">2nd, 3rd, or 4th year New York State residentHigh Academic standards	Minimum of \$2,000	October 15, 2004
The Greek Women's University Club	<ul style="list-style-type: none">FemaleOne parent of Greek descentUSA CitizenResident of Chicago Metropolitan area		October 23, 2004
Alcon 4th Year Optometry Student 2005 Scholarship Award –Case Study	<ul style="list-style-type: none">4th Year Optometry StudentWrite a case report that incorporates Alcon product	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Walktober

Walktober is the new fall health incentive program. This program is great for both beginners and avid walkers. Contact Shelby at X7460 for more information or to sign up for the program. Registration forms must be received by September 24.



Making Strides Breast Cancer Walk on Sunday, October 17

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slalich@eyecare.ico.edu for details. T-shirts are no longer available, but you can still walk or make a contribution.

Massage Therapy

Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is on-

campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, September 22 and Wednesday, Oct. 6.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers **FREE** personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Ferine Ali, Emily Southcott, Donnie Hager, Randy Gunia, Danny David, and Greyson Barger all experienced fitness instructors and ICO students. Ferine can be reached through box 302, Emily can be reached through box 246, Donnie can be reached through box 46, Randy can be reached through box 528, Danny can be reached through box 508 and Greyson can be reached through 489. Don't forget to leave your full name, phone number, and your preferred training time(s).

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The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to

schedule an appointment, please call Shelby at x7460.

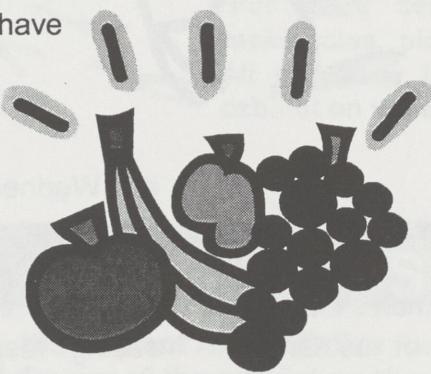
Eye on Wellness

Study This

A six year study of 248 individuals revealed that adults who eat more fruit and cut back on fatty foods have

an easier time controlling their weight. Fruit juices do not yield the same benefit as whole fruit, and the study also found that low-fat milk or skim milk assisted with weight loss. This further demonstrates the important role of calcium in weight control.

This information is provided by *ACE Fitness Matters*



Six-hour Minus Contact Lens Study

- Sunday, September 26
- -1.00 to -6.00 sphere
- Compare two soft lenses for the day
- A total of two 1 hour visits in one day
- \$75 for the one day!!!

Call the Contact Lens Research Line if interested and to set up a time

312-949-7316



OVER 40?

Come to our Soft Bifocal Contact Lens fitting

DATE: Sunday October 17th @ 10:30am

Register with: Dr. Lam @ ext 7142/ wlam@eyecare.ico.edu

Offer this great opportunity to **parents, relatives and friends**.

Complementary lenses (a \$350 value) at completion

Spaces limited

Yes, I _____ am interested, or know someone
who is interested in participating in the soft bifocal fitting workshop.

Preferred contact method: _____
(email/phone/mailbox)

Last comprehensive eye exam was on _____ at _____

Please return to Dr. Wanda Lam's mailbox by Sept 23th.



ILLINOIS COLLEGE OF OPTOMETRY

FALL, 2004

SCHEDULE OF FALL QUARTER FINAL EXAMS

September 16, 2004

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OCTOBER 30	NOVEMBER 1	NOVEMBER 2	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6
9:00 – 11:00	BHS 114 Human Anatomy	BHS 244 Binocular Vision	CLE 162.1 Optometric Procedures	CLE 262.1 Optometry 2.1	BHS 116 Human Physiology	BHS 212 Ocular Physiology	CLE 270.1 Ophthalmic Optics
11:30 – 1:30	BHS 254.1 Pharmacology	BHS 150.1 Biochemistry				BHS 140.1 Sensory Aspects of Vision	BHS 120.1 Geo and Theo Optics
1:45 – 3:45			CLE 375 Binocular Vision Disorders		CLE 365.2 Contact Lenses II		
2:00 – 4:00	BHS 363.2 Ocular Disease III						BHS 360.1 Clinical Medicine

**ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE
MONDAY, NOVEMBER 8 AND TUESDAY, NOVEMBER 9.**



FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

October 1, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out October 15, 2004, and the submission deadline is October 13.



CAMPUS NEWS

Attention all 4th year students!

Residency Application Information

Dr. Stephanie Messner

Chair, Post-graduate and IEI-based Education

This is a busy time of year for fourth year students. You're probably starting to focus your preparations for NBEO Part II (you should be!) but you may also be doing some serious thinking about your plans for after graduation in May.

Although there are many options available to you, you may want to consider doing a post-graduate residency program. Residency training enables you to develop advanced competency in a particular area of optometry. It is a highly desirable (if not required) credential if you want a career in academia, government service (Veterans Affairs, Indian Health Service) and some other venues. Some people pursue residency training intending to enter private practice upon completion. These individuals see value to being able to offer a higher level of care to their patients and may find that it makes them more marketable as they seek a position in the private sector.

Residency training is NOT just for the students with the best grades and NBEO scores. I have spoken with many students over the years who think that because they have average grades and average NBEO scores that they would not be considered for a residency position.

This is an incorrect assumption! I have seen "average" students go on to be excellent residents. Motivation is

October's Party

October gave a party;
The leaves by hundreds came—
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.
- George Cooper, *October's Party*

an important factor in the process of selecting residents. Certainly a strong academic background helps to support an application, but it is not the only thing that most programs look at. If you have average grades, have done reasonably well in your clinical rotations, have

passed NBEO I and are really interested in doing a residency, go for it! It's likely that you'll be able to secure a position in one of the programs that interest you.

If you are considering residency training, NOW is the time to start exploring your options. There are many good sources of information to help get you started. The ICO Student Affairs Office maintains a file of all

recruitment materials that I receive from other Residency Directors. Some schools will send enough brochures to distribute to all 4th year students, which are then placed in your mailboxes. In addition, the Association of Schools and Colleges of Optometry (ASCO) maintains a web site (www.opted.org) that includes detailed information about specific residency programs. Many of the programs that are listed have links to their own program web page. Another excellent resource is the Optometry Residency Matching Service (ORMS) web site (www.orms.org). ORMS is the application service for virtually all optometric residency programs. If you should decide to apply to residency programs, you will need to go through ORMS. But you can also utilize the web site to access information about programs prior to applying. Should you decide to apply to any programs, ORMS will handle the application process for you. They charge a fee of \$30 which allows you to apply to up to 5 programs. There is a \$10 additional fee for every program over the initial 5 to which you apply.

The application process is explained clearly and in detail on the ORMS web site. When you make application to a program, ORMS notifies the program coordinator of your application. But you must also contact the program coordinator and submit a letter of introduction, optometry school transcript, NBEO transcript, and letters of recommendation.

Here are some important deadlines to keep in mind:

Application deadline to most programs is Feb. 1. This isn't just the date by which you have to make your application through ORMS: many programs will use this as the deadline for submission of all of your application materials. ORMS requires you to pay your application fee by this date as well. Although the application deadline is Feb. 1, you should not wait until late January to contact the coordinators of the programs that

you are interested in. Many programs will begin their interviewing process in late January/early February. It can be difficult to schedule an interview and make travel plans if you wait until the last minute.

Board Student Affairs Committee Meeting

On Thursday, October 7th from 8:00 – 9:30 am in the Library Conference Room, the Board Student Affairs Committee will be holding a meeting. All students are welcome to attend this meeting and offer their input. Please let Sharon Uher, in the Student Affairs Office, know if you plan to attend.

Financial Tips from Financial Aid Office

Did you know?

Results of credit card studies show that an individual's credit card spending generally rose between 20% and 30% compared to using cash.



Two Reasons Credit Card Users Spend More:

1. Using a credit card is psychologically very different than using cash.
2. Typically, we have no IDEA of how much we've charged until the end of the month.

Principles for Accelerating Debt Repayment:

- Pay off your SMALLEST debt first.
- As a debt is repaid, roll the amount you were paying to the next largest debt.
- Incur no new debt!

Debt Example:

(Say you owe **\$7,200 @ 18.1%**)

If you paid the minimum payment toward the **\$7,200** balance, you would end up paying a total of **\$23,049** and it would take you over **30** years to pay off. (*Minimum payment = 2% of the balance or \$10/month whichever is greater.)

If you paid a flat **\$144** per month, you would end up paying a total of **\$13,387**. It would take **8** years to pay the balance off in full.

If you paid a flat **\$244** per month, you would end up paying a total of **\$9,570** and it would take **3** years to pay the balance off in full.

The primary economic danger of credit card debt is that compounding works against you rather than for you. The second economic danger of credit card debt is that debt becomes a trap – getting in takes no effort, but getting out can be next to impossible.

Credit Card Rules:

- Use only for **BUDGETED** items.
- Pay the balance in full every month.
- If you violate rule one or rule two, **cut up your cards.**

Credit Card Tips:

- Have only one card.
- Consider the use of a **DEBIT** card.
- Consider deducting the amount from your checkbook balance.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

4 Year Students!

4th year students can receive **FREE** photocopies of articles that they need faxed, emailed, or mailed to them while on externships more than 50 miles from campus. To use this service, email the library at CShepard@eyecare.ico.edu or telephone Sandra Engram, the Public Services Librarian at 312-949-7152. The Library also can mail books to off-campus externship sites, although the borrower is responsible for returning them back to the Library.

Library Access from Home

If you want to search VisionCite or renew your library materials from home, contact a Library staff member to receive your Library User ID and PIN. The PIN can be changed once you have logged on for the first time. The website for searching the Library's catalog from home is <http://library.ico.edu>. From on campus, including the RC, the website is <http://icolibrary/library.htm>.

We want to publicize you!

The Library likes to publicize the research and accomplishments of ICO students and faculty. Please notify Kathryn Johnston by email at KJohnsto@eyecare.ico.edu or at ext. 7153, if you have published an article or produced a poster for a conference. We often display them in the Library or in the display case by the bookstore.

Websites

In the coming year, the Spotlight on the Library will be publicizing useful websites for the ICO community. EbscoHost is a database collection accessible from the Library's webpage under: Websites. It includes many databases useful to ICO students if they are looking for information outside of optometry, and includes many full-text articles. For instance, EbscoHost would be helpful for researching reading disabilities, general health problems, office management, what

car to purchase or how to fix your house.

Databases include:

- ERIC (education)
- Academic Search Elite (humanities, social sciences, medicine, and sciences)
- Business Source Elite
- Health Source
- Newspaper Source
- Military and Government Collection
- Clinical Pharmacology
- American Humanities Index

Power Tools

October is National Medical Libraries Month! The theme this year is "COME BORROW OUR POWER TOOLS!" The library does have many resources and tools to help you learn and research more effectively, as well as recreational reading to help you relax. Come check us out.

Enjoy the first days of autumn and we look forward to seeing you at the Library!

Bookstore

Arrivals and News!

Mundi Black Leather ICO Agenda Book with Zipper "Preference Collection" Calendar Refill Sets for 2005 "Daily" \$16.99

2004-2005 Monthly and Weekly Academic Calendar Books \$6.99 - \$20.00

Golf Club Wooden Pen and Ink Set \$31.99
(Ink refills available soon at \$1.49)

ICO Natural/Navy or Natural/Red Totes \$9.99

Titliest Golf Balls 1 Dozen count available in IEI or ICO logo \$55.99

Chenille Bear with Navy and White ICO embroidered sweater - Asst Colors \$8.99

Equipment Expo Orders are scheduled to come in November 5, 2004.

Volk Lens Orders are currently being accepted and lenses will be available for purchase throughout 2004-2005 year.

Volk Case/s exchange will occur in Winter 2004, plus look for announcement at later date.

Years One, Two and Three Lab/Equipment Bags are available for purchase now.

New insignia wear will arrive in approximately 3 weeks.

Thank you for your support and we welcome all comments and suggestions. Please complete comment card located in Student Affair Office and submit to Bryant Anderson, Student Financial Services for review and consideration.

IS News

The Bookstore is now carrying network cables, USB 128mb Flash memory drives (Thumb Drive) and USB cables.

Boo Bash Costume Party

The Boo Bash will be on Saturday, October 9th. There will be prizes for the best costume. The Bash will be held at "The Apartment" 2251 North Lincoln, 8 pm to whenever. For more information contact Greysen Barger, box 489.



Time Change for Commencement 2005

For planning purposes, please note that Commencement will be held on May 21, 2005 at Rockefeller Chapel on the University of Chicago campus. The time of Commencement is **11 a.m.**, different than in past years.

Attending the Academy Meeting?

The Academy meeting will be in Tampa from December 9-12.

Travel fellowships to the annual Academy meeting will once again be available to ICO students, thanks to the Dean's Office, Illinois Chapter of the American Academy of Optometry, and the ICO Student Chapter of the Academy. The amount and number of fellowships will be dependent on the number of students applying and their level of activity in the Academy. Any ICO third or fourth year student attending the Academy meeting may apply for a travel fellowship. (Any first or second year student presenting a poster is also eligible for an award.)

**Preference will be given to students who are presenting a poster or paper at this year's meeting, who are actively involved in the Academy student chapter, and who are pursuing fellowship in the Academy upon graduation. Additional consideration will be given to students who are pursuing a residency, a career in optometric research or education and who are actively involved in other ICO student organizations. If you are interested please complete the following instructions.

1. Provide a brief statement (paragraph or two) as to why you should be considered for one of the travel fellowships. This statement should detail your **specific contribution** to work to be presented or your involvement in the Academy student chapter as well as explaining your motivation to attend the meeting. **.

2. If you are presenting a poster at the meeting please include a copy of the abstract as it was submitted to the Academy.

- You must specify the order of authorship as it was submitted.
- You must also include a copy of the acceptance statement from the Academy.
- If you had a poster abstract submitted and rejected, please include a statement about the intended presentation along with a copy of the abstract.

3. A short written statement must be submitted from a faculty member with whom you worked with to develop the abstract/poster. If you did not submit an abstract please ask a faculty mentor to provide a short statement regarding your professional and academic character.

Turn the **completed** statement with **supporting documents** in to Dr. Mary Flynn Roberts by 5 PM, October 15th. You can place the statement in my mailbox, send it to me via e-mail at mflynn@eyecare.ico.edu or fax it to my attention at (312) 949-7656.

4. Include your name, box number or address, e-mail address, and class year on the statement. A phone number is also helpful if the committee needs additional information.

A committee of five ICO faculty members who are Academy fellows will review the statements and designate the award recipients. Any student awarded a travel fellowship from the Academy or any other organization will not be eligible for this award and the money will be then given to another student.

DR. Flynn Roberts

CLASSIFIEDS

Student research assistants wanted for study involving the Heidelberg Retina Tomographer and glaucoma/megalopapillae. Research experience desirable. 3rd year students only. Study could be a 3rd year research project or a work study position. Please submit a letter of interest and/or resume to Dr. D. Castells. Also feel free to talk to me if you have questions. Thank you.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Petry-Lomb Scholarship Fund	<ul style="list-style-type: none"> • 2nd, 3rd, or 4th year New York State resident • High Academic standards 	Minimum of \$2,000	October 15, 2004
The Greek Women's University Club	<ul style="list-style-type: none"> • Female • One parent of Greek descent • USA Citizen • Resident of Chicago Metropolitan area 		October 23, 2004
The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by Nov 15, 2004
Dr. Leslie Mintz Scholarship New Jersey Society of Optometric Physicians	<ul style="list-style-type: none"> • New Jersey Resident • 2nd, 3rd, or 4th year • Financial need 	Amount Varies	Deadline: November 30, 2004
Look under "Mintz"			
Alcon 4th Year Optometry Student 2005 Scholarship Award –Case Study	<ul style="list-style-type: none"> • 4th Year Optometry Student • Write a case report that incorporates Alcon product 	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Making Strides Breast Cancer Walk Sunday, October 17

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at

X7460 or slalich@eyecare.ico.edu for details. T-shirts are no longer available, but you can still walk or make a contribution.

Massage Therapy

Has the fall quarter been tough? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!



Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, October 6 and Wednesday, October 20.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers **FREE** personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Ferine Ali, Emily Southcott, Donnie Hager, Randy Gunia, Danny David, and Greyson Barger all experienced fitness instructors and ICO students. Ferine can be reached through box 302, Emily can be reached through



box 246, Donnie can be reached through box 46, Randy can be reached through box 528, Danny can be reached through box 508 and Greyson can be reached through 489. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

The Burning Question on Fat

How many minutes do you have to exercise to burn fat? The answer is not how long you workout, but instead the level of effort exerted during the activity. At rest, the body primarily burns fat as an energy source. As the level of effort increases, there's a greater reliance on carbohydrates to provide energy. In fact, as you read this your body is primarily using fat as an energy source. While it is great to burn fat, if you are looking to lose weight your concern should be how many calories you can burn. In this case, increased effort levels and longer exercise duration are both beneficial.

This information is provided by *Fitness Management*

Club Members/Representatives for 2004 - 2005

10/04/2004

Position	Name	Box
Student Association		
President	Tom Kline	555
President Elect	Shauna Lushko	87
Secretary	Lexie Franzeen	516
Treasurer	Nhat Le	715
Dir of Community Service/Comm	Jamie King	553
Dir of Note Service	Lauren Guzik	529
Dir-Elect of Note Service	Melissa Horein	58
Class of 2005 Rep	Kristin Cannon	322
Class of 2005 Rep	Rosemary Gonzalez	348
Class of 2006 Rep	Greyson Barger	489
Class of 2006 Rep	Joel Sollom	606
Class of 2007 Rep	Mona Fahmy	39
Class of 2007 Rep	Tessa Sokol	685
Class of 2008 Rep	Nana Owusu	211
Class of 2008 Rep	Grace Tran	256
Director of Intramural Sports	Kosta Koutoulas	556
RC Head Resident Assistant	Tammi Carlson	500
2005 Yearbook Rep	Victoria Butcko	321
SVOSH Board Representative	Elizabeth Sanders	600
AOSA Trustee	Albert Licup	566
AOSA Trustee-Elect	Breanne Paul	108
 American Academy of Optometry Students		
President	Jennifer Harthan	530
Vice President	Elizabeth Sanders	600
Secretary	Paul Webb	639
Treasurer	Courtney Sivertson	605
1st/2nd yr liaison	Jeffrey Manternach	90
 American Optometric Student Association		
AOSA Trustee	Albert Licup	566
AOSA Trustee-Elect	Breanne Paul	108
1st year Class Rep	Lauren Reilly	230
1st year Class Rep	Ryan Schultz	236
 American Public Health Association		
Local Liaison	Oanh Bui	498
 Beta Sigma Kappa Honorary Society (BSK)		
President	Tim Wilson	629
Vice President	Beth Salmon	599
Treasurer	Emmylou Hoeft	535
Secretary	Kaori Asano	486
Faculty Advisor	Dr. Joan Sears	7178
 Canadian Club		
Co-Chair	Nathaniel Della Vedova	31
Co-Chair	Ali Harapiak	50
Faculty Advisor	Dr. Rebecca Zoltoski	7188

Club Members/Representatives for 2004 - 2005

10/04/2004

Position	Name	Box
Contact Lens Society		
President	Catherine Soriano	608
Vice President	Hanh Tran	616
Secretary	Grace Hwang	540
Treasurer	Wendy Bui	499
Class Liaison	Payman Khalighi	548
Event Coordinator	Julie Sheen	602
Event Coordinator	Melany Weir	626
Event Coordinator	Tina Jang	541
Event Coordinator	Paul Webb	639
Fund Raiser	Megan Rieman	593
Fund Raiser	Timothy Tsang	619
Historian/Publicity	Gordon Lam	560
SA Liaison	Sherman Tung	620
Workshop Coordinator	Jen Lee	562
Workshop Coordinator	Jennifer Harthan	530
Faculty Advisor	Dr. Renee Reeder	7297
Faculty Advisor	Dr. Wanda Lam	7142
College of Vision Development Extension Prog		
Local Liason	Treacy Adamo	577
Faculty Advisor	Dr. Christine Allison	7336
Fellowship for Christian Optometrists (FCO)		
President	Mellisa Harmych	51
Vice President	Joesph Pruitt	114
Treasurer	Bethany LaValle	559
Gold Key Honorary Society		
President	Rezah Mohamed	396
V.P.	Rosemary Gonzalez	348
Secretary	Kristin Cannon	322
Treasurer	Lyndsay Hunter	356
Student Affairs Liaison	Mat Broschak	310
Faculty Liaison	Lindsay Luker	382
Faculty Advisor	Dr. Valerie Kattouf	7279
ICO Mentors & Tutors		
Coordinator	Eric Baas	488
Faculty Advisor	Beth Karmis	7415
Lions Club		
President	Deana LaBrosse	373
Multicultural Club		
President	Payman Khalighi	548
Community Liaison	Bimal Kaur	61
Treasurer	Hershie Dhanoa	33
Secretary	Zainab Awan	7
Class Representative	Melissa Oltz	58
Activities Coordinator	Anders Hansson	48
Faculty Liaison	Karen Barbadillo	10

Club Members/Representatives for 2004 - 2005

10/04/2004

Position	Name	Box
National Optometric Student Association (NOSA)		
President	Jason Blowe	493
Vice President	Joseph Pruitt	114
Parliamentarian	Nhat Le	715
Recording Secretary	Marhja Lanns	76
Corresponding Secretary	Michaela Thompson	253
Treasurer	Priscilla Ramos	115
Delegate	Tirsha Dukes	36
Delegate	Cerella Wade	716
Historian	Janet Wheeler	271
Staff Advisor	Aisha Davis	7407
Faculty Advisor	Dr. Joseph McCray	7139
Private Practice Club		
Co-Chairmen	Chad Hartman and	531
	Kim Pozza	589
Secretary/Treasurer	Falon Sandness	601
2nd Year Class Rep	Angelina Panovic	711
1st Year Class Rep	Brian Engesser	153
Officer Consultant	Jason Garey (past co-chair)	346
Resident Assistants		
Head RA 4th Floor	Tammi Carlson	500
Floor RA 3rd Floor	Amanda Hobbs	57
Floor RA 2nd Floor	Mandy Mataya	91
Floor RA 1st Floor	Mike Drabinsky	34
RC Activities Coordinator	Anders Hansson	48
RC Activities Coordinator	Carly Szafranski	688
Student Volunteers in Optometric Service to Humanity (SVOSH)		
President	Elizabeth Sanders	600
President- Elect	Priscilla Ramos	115
Secretary	Elizabeth Salmon	599
Treasurer	Paul Webb	639
Fundraising Chair	Kent Godfrey	522
Local Mission Chair	Joel Sollom	606
3rd year rep	Brian Gill	521
3rd year rep	Kathleen Charo	501
2nd year rep	Megan Ambeault	5
2nd year rep	Katie Jang	59
Past President	Melanie Bolinger	436
Faculty Advisor	Dr Janice Jurkus	7248
Tomb and Key Honorary Society		
President	Carrah Templeman	433
Vice President	Charlie Rottinghaus	416
Treasurer	Kristin Cannon	322
Secretary	Lyndsay Hunter	356
Keeper of the Archives	Megan Rieman	593
Sergeant at Arms	Beth Salmon	599
Faculty Advisor	Dr. Joan Sears	7178

Club Members/Representatives for 2004 - 2005

10/04/2004

Position	Name	Box
Wisconsin Optometry Club		
Co-chair	Tammi Carlson	500
Co-chair	Jerome Radliff	590
Yearbook 2005		
Editor	Victoria Butcko	321
Contact Person	Jason Garey	346

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10/04/2004

s:/studentclubmembers2004-2005



ILLINOIS COLLEGE OF OPTOMETRY

FALL, 2004

Revised - SCHEDULE OF FALL QUARTER FINAL EXAMS

October 4, 2004

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OCTOBER 30	NOVEMBER 1	NOVEMBER 2	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6
9:00 – 11:00	BHS 114 Human Anatomy	BHS 244 Binocular Vision	CLE 162.1 Optometric Procedures	CLE 262.1 Optometry 2.1	BHS 116 Human Physiology	BHS 212 Ocular Physiology	CLE 270.1 Ophthalmic Optics
11:30 – 1:30	BHS 254.1 Pharmacology	BHS 150.1 Biochemistry				BHS 140.1 Sensory Aspects of Vision	BHS 120.1 Geo and Theo Optics
1:45 – 3:45			CLE 375 Binocular Vision Disorders		CLE 365.2 Contact Lenses II		
2:15 – 4:15	BHS 363.2 Ocular Disease III						BHS 360.1 Clinical Medicine

**ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE
MONDAY, NOVEMBER 8 AND TUESDAY, NOVEMBER 9.**

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

October 15, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out October 29, 2004, and the submission deadline is October 27.



CAMPUS NEWS

Congratulations!

Several ICO Folks were recognized for their contributions at the recent Illinois Optometric Association Meeting.

- Dr. Vince Brandys – IOA O.D. of the Year: For all he does for optometry! Really impressive list of activities on our profession's behalf.
- Dr. Daisy Chan – IOA Humanitarian Award: For her work in the Chinese American community.
- Dr. Gary Lesser – IOA Friend of Optometry Award: For all his efforts (DPA, TPA, Orals) on behalf of optometry.

Voter Registration

Thanks so much to the ICO administration for supporting Voter Registration here at the college. We all appreciate the support provided by Dr. Colip and Laura Rounce. My thanks also to Kara Grant who helped register students, staff and faculty and answered lots of questions! Her assistance was essential.

Those of you who live in the RC will vote at the following location; keep in mind the polls are open from 6:00 am to 7:00 pm.

3311 S. Michigan Ave.
South View Nursing Home
Dining Room

Since voter turnout is expected to be high, here are some tips from the non-partisan League of Women Voters:



1. **Avoid the crowds;** if possible, go to the polls during the off hours of 10 am – 1:30 am. And 1:30 – 3:30 pm.
2. **Don't panic** if you registered to vote but your name is not on the list. Get help from a poll worker to make sure your vote is counted. You may be given a provisional ballot or you may be directed to another polling station.
3. **Don't go without ID.** Even though it is not usually needed, this year is a good time to bring a driver's license or other form of ID (with your address) with you.
4. **When in doubt ask;** the poll workers are there to help you; they can help you work the machines and assist you with any questions re: the ballot.
5. **Note:** polls are open from 6:00 am to 7:00 pm.

Optometry Night Live!

This is a call to all talented students on campus. We need singers, dancers, musicians, comedians, magicians and whatever else you can do. The talent show will be held on Saturday, December 4th with a blind spot before.

If you might be interested in participating look for sign-ups around campus, or contact Joel Sollom, box 606 with your entry. The class with the best skit will receive a complimentary party from the Student Association.

You Are an Entrepreneur

The Private Practice Club will be hosting Dr. Devick. He will be speaking on his background career in optometry and also on how optometrists are entrepreneurs. Food and drink will be available following the speech. It begins at 7pm in room 1200 on Fri, October 22, 2004.

NOSA News

Optometry Vs Ophthalmology

NOSA will have a panel discussion addressing the coexistence of optometrists and ophthalmologists on November 18, 2004. in room 1200 at 6:30 p.m. Please make plans to attend this exciting event!

Thank you from NOSA

The National Optometric Student Association would like to thank everyone that supported our ICO Lapel Pin/Business Card Fundraiser. Business Cards will be delivered the week of October 18th.

NOSA General Meeting

The National Optometric Student Association will hold a general meeting for all members on Wednesday, October 20th at 1:15 p.m. in the Library Conference Room. Topics being discussed are future outings, vision screenings, and the 2005 Convention.

Attention Third Years - Graduation Pictures

Please note - for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 14 & 15, 2004 from 8 a.m. - 4 p.m. in the Gym. Reminders and sign up sheets will be posted on the third year bulletin board during the first week of the winter quarter.



New ASCO Student Award in Clinical Ethics

This annual national award sponsored by Ciba Vision Care is available to optometry students in the final two years of their professional program. The application consists of an essay of up to 1,500 words describing a patient based case study that the student encountered as part of their clinical learning experience. The essay must describe and discuss the ethical theories and values that were used in the decision-making process and address relevant state laws relating to the case (if applicable). The essay must be submitted in a publishable quality format.

Each school or college of optometry is permitted to submit only one essay. A committee of the ASCO Ethics Educators SIG will make the selection of one national recipient. Essays must be submitted electronically to the Student Affairs Office February 1, 2005. The award will consist of a plaque and a cash award of \$1,000 to the national winner.

AMEDD Health Professions Scholarship

The Army Medical Department Health Professions Scholarship Program (HPSP) has 1, 2 and 3 year scholarships left for Optometry School. The Army Health Professions Scholarship Program, or the HPSP, provides 100% tuition, books, equipment and fees to the accredited optometry school of your choice. In addition you will receive a monthly stipend of \$1,235.00 each month. To learn more about this program read the information posted in the back of this focal point and come to the Library Conference Room, October 19, 2004 at ICO from 11 a.m. till 1:00 p.m. You can contact SFC Reliford at 708-647-8427 or garde.re lieford@usarec.army.mil.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Happy Medical Library month! The Library is proud to display the poster, VisionCite for the User, which was originally presented at the Midwest Chapter of the Medical Library Association conference in Springfield. New handouts are available.

The Library has a position open for a proof reader for our database, VisionCite. The hours are flexible and includes daytime hours. Please contact serials librarian, John Goss, if interested.

Print jobs from the Library's computers now can be produced faster and more clearly using the Ricoh printer/photocopiers. To direct a print job to these machines, click on the upper tool bar, File-Print and then use the arrow to scroll through the options. Ricoh 1st is on the first floor by the rest rooms, and Ricoh 2nd is in the small computer room next to the second floor lab. Click on the desired photocopier/printer. It is necessary to swipe an ICO id card, but the cost is "\$0.00" (free) for print jobs. Please ask a staff member for assistance if you need a personal lesson.

FirstSearch is another database collection offered by the Library. Click on Websites from the Library's homepage to access it. FirstSearch offers an array of databases that may be useful including:

ABI Inform - U.S. and international articles on business and management

Article First - Index of articles from the contents pages of journals

ClasePeriodical - Index of Latin American journals in the sciences and humanities

ECO - A collection of scholarly journals

ERIC - Journal articles and reports in education

GPO - U.S. government publications

Illinois Catalog - Catalog of materials in Illinois libraries

Papers First - Index of papers presented at

conferences worldwide

PerAb - Periodical abstracts from general and academic journals

Proceedings - Index of worldwide conference proceedings

Wilson Select Plus - Full text articles in science, humanities, education and business

WorldCat - Catalog of books and other materials in libraries worldwide

WorldCat is a major library database. Its goal is to list every item owned by a library around the world. It is very useful for finding books, dissertations, or videos on any subject in almost any language. It also will state what libraries own the desired item. If the item is found at ICO, the database will indicate that we hold it. If not, contact the reference librarian, Sandra Engram about borrowing it through interlibrary loan.

Please contact a librarian if you would like a lesson on how to use FirstSearch or would like to be able to access it from off-campus.

Halloween is approaching! A chill is in the air and the leaves are beginning to turn. If practicums, exams and boards are not scary enough, check out

the Library's recreational reading. The Library has a collection of donated novels and other "fun reading" on a carrel next to the first floor computer room and some stacks in the northeast corner of the Library's second floor. Here are some frights:

RRCF .B768G - *The Ghost And Mrs. Jeffries*, by Emily Brightwell

RRCF .B812F - *Fatal Terrain*, by Dale Brown

RRCF .C151S 1992 - *Spellbinder*, by Bethany Campbell.

RRCF .C529H - *The Hunt For Red October*, by Tom Clancy.

RRCF .C548S - *A Stranger Is Watching*, by Mary Higgins Clark.

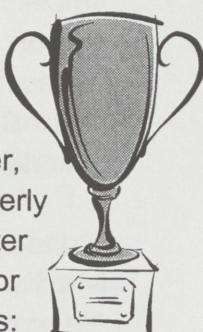
RRCF .G283 - *A Corpse For A Candidate*, by Michael Geller.

RRCF .K587ST - The Stand, by Stephen King

RRCF .ST28D - Star Trek Deep Space Nine: Devil In The Sky, by Greg Cox

Dean's List

The following full-time students achieved superior academic performance during the Summer, 2004 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:



Al-Bekai, Monzer	Y4
Anderson, Valerie R.	Y4
Asano, Kaori	Y3
Austin, Laura A.	Y3
Bader, Rebecca M.	Y4
Baker, Joshua C.	Y4
Baumfalk, Ramona L.	Y3
Bejgert, Loretta M.	Y3
Boryszak, Ethan J.	Y4
Bratcher, Jason A.	Y4
Brewer, Icem E.	Y4
Broschak, Mathew J.	Y4
Butcko, Victoria M.	Y4
Cannon, Kristin K.	Y4
Carlson, Tammi L.	Y3
Charo, Kathleen T.	Y3
Cheng, Linda	Y4
Colander, Brian M.	Y4
Chu, Angela	Y4
Crown, Jennifer R.	Y3
Dimarco, Regina M.	Y4
Draper, Megan M.	Y3
Duong, Nghi U.	Y4
Dzik, Jeffrey D.	Y3
Fazelian, Mary J.	Y4
Feiler, Breeze	Y4
Feldman, Kristie A.	Y3
Frisbie, Laura M.	Y4
Fuller, Lisa J.	Y4
Gallagher, Maria A.	Y4
Garey, Jason T.	Y4
Gooding, Cheryl L.	Y3
Gregg, Sarah J.	Y3
Hall, Samantha L.	Y4
Harthan, Jennifer S.	Y3
Hennelly, Colleen P.	Y4
Herman, Brian J.	Y4
Hume, Ben R.	Y3
Hwang, Grace J.	Y3
Jordan, Kristina R.	Y4
Kaniaris, Margarita G.	Y4
Kart, Alisa	Y3
Kawaguchi, Tricia S.	Y4
King, Jaime L.	Y3
Kinninger, Jennifer C.	Y4
Kleva, Julie	Y4
LaBrosse, Deana R.	Y4
Lee, Joo W.	Y3
Lee, Ria J.	Y4
Lieu, Megan M.	Y4
Lock, Jenessa A.	Y3
Loy, Jeremy E.	Y4
Loyfman, Emma	Y4
Luker, Lindsay A.	Y4
Martin, David	Y4
Mathes, Marcie J.	Y4
McKinney, Kelly M.	Y4
McLeod, Heather M.	Y3
Metcalfe, Trudy L.	Y4
Neighbors, Jeffrey J.	Y4
Nguyen, Mindy C.	Y4
Nguyen, Tony N.	Y4
Patel, Rachana S.	Y4
Peterman, Jesse N.	Y4
Rleviak, Cara A.	Y4
Prasad, Hansini	Y4
Rieman, Megan J.	Y3
Ritter, Heather A.	Y3
Rottinghaus, Charles A.	Y4
Saeed, Faheemah A.	Y4
Sanders, Elizabeth A.	Y3
Sanford, Sue Ann	Y4
Schofield, Amanda J.	Y4
Sigulinsky, Karina K.	Y4
Silsby, Erin L.	Y4
Singh, Neal I.	Y4
Sivertson, Courtney R.	Y3
Smith, Jinaki T.	Y4
Soliman, Gemma N.	Y4
Sollom, Joel D.	Y3
Stearns, Jeanette	Y4
Templeman, Carrah D.	Y4
Thompson, Kelly R.	Y4
Tran, Susan T.	Y3

Tung, Sherman G.	Y3
Valters, Tricia C.	Y4
Veatch, Ryan D.	Y4
Vincelli, Nicholas C.	Y4
Waters, Tilena B.	Y3
Weibert, Julie M.	Y4
Whitcomb, Sara R.	Y4
Willis, Chad E.	Y4
Wilson, Lisa L.	Y4
Wilson, Timothy N.	Y3
Woodruff, Steven R.	Y4
Youngwirth, Brandy	Y4
Yun, Mikyung	Y4

Reprint from Student Guide:

Make-Up Examination

Attendance at regularly scheduled examinations is mandatory. A student missing an examination for any reason should contact the Academic Support Center **within 24 hours of the scheduled examination time**. Whenever contacting any office at the College it is advisable for the student to obtain the name of the staff person with whom you are speaking and request that the individual document your call. The Academic Support Center is reached by calling **312-949-7130**.

Make-Up Examination

Dr. Lesher

To ICO Students:

With the oncoming winter/cold and flu season, I would like to remind all of you of the proper procedure to request a make-up examination. The only "day of exam" excuses that will be approved are documented illness (you must see a Doctor to document the illness) or accident (also documented – police report, etc.) and a death in the student's immediate family. For any of these "day of the exam" absences, you must call the College to report your absence as soon as you know you are missing the exam and within 24 hours of the scheduled exam. You should contact **312-949-7130**. The Academic Support Center is the place you must report to as soon as you return to campus, to request a make-up exam and to schedule the make-up if it is approved. All other excusable absences from a scheduled examination must be pre-approved.

Missing an exam creates a hardship for you, but also for your classmates and the instructor. Requests for a make-up exam for reasons other than those listed in the Student Guide may or may not be granted; if granted a fee of \$150 will be assessed. Please review these procedures and try hard to be at our exams when scheduled.

Make-up examinations are authorized at the discretion of the appropriate Department Chair. No fee will be assessed for the following approved extenuating circumstances:

1. Documented illness or accident that prevents a student from writing the examination. If absences are excessive due to illness a student may be required to take a "Leave of Absence" from the professional program.
2. A death in the student's immediate family.
3. Conflict with a religious holiday. In such cases students must request a make-up examination(s) within the first two (2) weeks of the quarter in which there is a conflict with a religious observance.
4. Attendance at a pre-approved professional development meeting – Examples: AOSA, American Academy of Optometry, AOA Congress, NOA, COVD, or state association meeting (IOA).
5. Student leadership related responsibilities (i.e. AOA-PAC national meeting).
6. College related business (i.e. recruitment).

A fee of \$150.00 may be authorized for reasons beyond those listed above. If a make-up request is denied, the student will automatically have a grade of zero (0) entered for the missed examination.

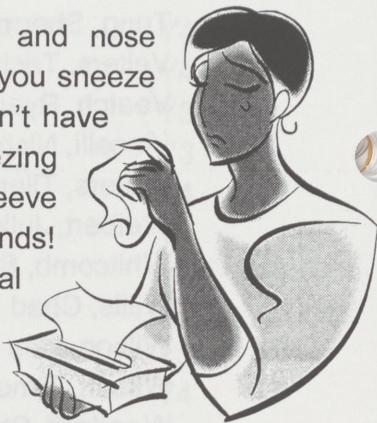
Request for Approval of Make-Up Examination

1. Students who miss an examination must contact the Academic Support Center within 24 hours of the scheduled examination time. If at all possible the student should contact the Academic Support Center (x7130) the day of the absence.
2. Immediately upon return to campus the student must submit a request for make-up examination to the appropriate Department Chair. The request form is available in the Academic Support Center, which is located within the Academic Administration Office Suite (1800).
3. The appropriate Department Chair reviews the request, including the reason for the absence. If appropriate the Department Chair approves the absence and makes a decision regarding the assessment of a fee.
4. When granted, the request is forwarded to the Academic Support Center. The Academic Support Center personnel are responsible for scheduling the date, time and place of the make-up examination. The student is contacted when these arrangements are made.
5. **Make-up examinations, including final examinations, are not given prior to an approved absence.**
6. The format of the make-up examination is at the discretion of the course instructor; however, no other activity may be substituted for an examination without the approval of the appropriate Department Chair. The student is responsible for contacting the course instructor regarding the format of the make-up examination after receiving notification that the request for a make-up has been approved.

Flu Alert!!

This year there is a shortage of supplies for flu vaccines. Let's try our best to stop the spread of infections with some simple precautions.

1. Cover your mouth and nose with a tissue when you sneeze or cough. If you don't have a tissue, try sneezing into your upper sleeve and not into your hands!
2. Wear a surgical mask when necessary to protect others.
3. Wash your hands with soap and water or use an alcohol-based hand cleaner like Purell.



Flu Signs & Symptoms

- Acute fever for at least 3 days which usually decreases on the 2nd and 3rd days. Can last up to 8 days.
- Respiratory symptoms (cough, runny nose, sore throat) become more noticeable as fever and other symptoms decrease. They usually last 3-4 days after the fever goes down. A dry, hacking cough may last for up to 10 days after other symptoms are gone.
- Complete recovery may take 1 to 2 weeks or longer. Fatigue or weakness can last for several weeks.

Flu FAQ

Q. Who needs the flu vaccine most?

A. Young children, older people and those with underlying medical conditions are more likely to suffer serious complications from the flu. *Priority groups this year include children 6 months to 23 months; adults 65 and older; and people 2 to 64 who have chronic medical conditions.*

Women who will be pregnant during the flu season (October – May), should get the shot. The vaccine is suggested for health care workers who have direct contact with patients and healthy people who live with or care for children younger than 6 months.

Healthy individuals who do not have direct contact with high-risk people should forgo a shot.

Q. Because of the shortage, should I expect price gouging?

A. Vaccinations paid by insurance-reimbursed systems provide some safeguards, but price gouging is occurring.

Q. What other alternatives to the vaccine are available?

A. Doctors can prescribe antiviral drugs (amantadine, oseltamivir and rimantadine) to prevent illness when taken by healthy adults. Also, using the antiviral zanamivir or Tamiflu within 1-2 days of becoming sick can reduce the flu symptoms and contagiousness.

For more information, visit <http://my.webmd.com> and www.cdc.gov

We Need You!

Mission Trips

I Care International is asking for your support.

Huatulco, Oaxaca, Mexico, Jan 12-20, 2005. Contact: Drs. Dan and Natalie Lieberman, 847-922-5255 or Jesse Gutierrez, 815-467-1863. \$550 for air travel and \$30 per person per night for hotel. Deadline is November 5, 2004

IOA mission trip to Panajachel Guatemala, is \$895 per person for February 12 -20, 2005.

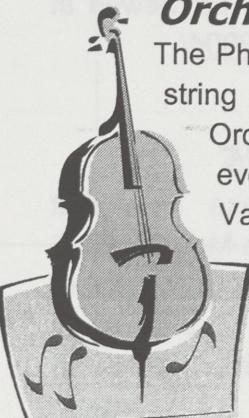
Contact Al Graham at 815-942-6732. Reservation deadline is **October 15th**.

Villahermosa, Tabasco, Mexico, March 5-13, 2005. Contact Dr. Steve Storey 815-748-4541, Jesse Gutierrez, phone 815-467-1863 \$570 and \$45 per person per night.

Camera Found

Security is asking if anyone is missing a camera. We have one that was turned into security by the night cleaning crew on July 24, 04.

VanderCook Philharmonic Orchestra



The Philharmonic Orchestra is open to string players without audition. The Orchestra meets on Wednesday evenings from 8 – 10 p.m. at VanderCook College of Music in Room 130. The College is located on the northwest side of the IIT Campus at 3140 S. Federal Street. The conductor is Charles Emmons who is Director of String Music Education at VanderCook.

- Players are expected to prepare music for performances and regularly attend weekly rehearsals.
- Players must be able to furnish their own instruments.
- The Orchestra performs about six times per school year.

This year the Orchestra is working on Sibelius Finale to Symphony #2

For more information, please contact:
Mr. Charles Emmons, Director of String Music Education
Phone 312-225-6288, ext. 243
E-mail: commons@vandercook.edu

ICO @ the IOA

The Illinois College of Optometry was well represented at the recent Illinois Optometric Association's meeting in Springfield, IL in early October. More than 50 students, administrators, faculty and staff attended this annual event. Drs. Arol Augsburger, Dominick Maino, Gary Lesher, Casey Hogan and Vince Brandys (and others) sat in the House of Delegates and participated in many of the association's activities. ICO faculty and staff were also recognized for their many contributions. During this meeting **Dr. Gary Lesher** received the "Friend of Optometry" award, **Dr. Daisy Chan** the "Humanitarian Award" and **Dr. Vince Brandys** the "OD of the Year" award. **Dr. Maino** serves as the ICO Area IOA Society President and represents the concerns of the college's many IOA

members to the IOA Executive Committee. Photographs of this event can be viewed at <http://www.dmpphotoart.net/IOA2004/>

Archbishop of Chicago (Photographs [of course] can be seen at <http://www.StBartsChoir.net>)

Time Change for Commencement 2005

For planning purposes, please note that Commencement will be held on May 21, 2005 at Rockefeller Chapel on the University of Chicago campus. The time of Commencement is 11 a.m., different than in past years.

Gallery Exhibition Great Success!

Dr. Dominick Maino

More than 200 attendees had an opportunity to view ICO's Dr. Dominick Maino's fine art photography during the Gallery ABBA artist's reception a couple of weeks ago in downtown Beloit, WI. Photographs of this "happening" can be seen at <http://www.dmpphotoart.net/GalleryAbba/>. Dr. Maino also sang with the St. Bartholomew Choir for approximately 1,000 attendees at the Chicago Catechetical Conference held at the Stephens Conference Center in Rosemont, IL. during the closing Mass celebrated by Francis Cardinal George,

CLASSIFIEDS

2nd, 3rd and 4th year students

Dr. Pihos

I am looking for lab TAs for the winter quarter to assist in the 1st year optometry lab. The lab is scheduled on Tuesdays, Wednesdays and Thursdays from 9AM - 1PM. Opportunities to be a grader for the course are also available. The space is limited so please contact me by email as soon as possible at apihos@eyecare.ico.edu.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Petry-Lomb Scholarship Fund	<ul style="list-style-type: none">• 2nd, 3rd, or 4th year New York State resident• High Academic standards	Minimum of \$2,000	October 15, 2004
The Greek Women's University Club	<ul style="list-style-type: none">• Female• One parent of Greek descent• USA Citizen• Resident of Chicago Metropolitan area		October 23, 2004

The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by Nov 15, 2004
Dr. Leslie Mintz Scholarship New Jersey Society of Optometric Physicians Look under "Mintz"	<ul style="list-style-type: none"> • New Jersey Resident • 2nd, 3rd, or 4th year • Financial need 	Amount Varies	Deadline: November 30, 2004
Alcon 4th Year Optometry Student 2005 Scholarship Award –Case Study	<ul style="list-style-type: none"> • 4th Year Optometry Student • Write a case report that incorporates Alcon product 	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office
ASCO Student Award in Clinical Ethics Sponsored by Ciba Vision Care	<ul style="list-style-type: none"> • Electronic -Essay 1500 words • 3rd and 4th years 	\$1,000 and plaque	Feb 1 to Student Affairs Email attachment to: suher@eyecare.ico.edu Format in Word document

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Massage Therapy

Has the fall quarter been tough? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is on-

campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, October 20.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers **FREE** personal training. Our trainers are

available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Ferine Ali, Emily Southcott, Donnie Hager, Randy Gunia, Danny David, and Greyson Barger all experienced fitness instructors and ICO students. Ferine can be reached through box 302, Emily can be reached through box 246, Donnie can be reached through box 46, Randy can be reached through box 528, Danny can be reached through box 508 and Greyson can be reached through 489. Don't forget to leave your full

name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Attention All Optometry Students!!!

EARN EXTRA CASH while attending Academy 2004 Tampa on December 9-12, 2004

Act fast! Response deadline is **Friday, October 29**. The Academy is recruiting student workers from those students who have registered to attend Academy 2004 Dallas. We need their assistance in the following two areas.

Education Sessions: Assist presenters by obtaining audio-visual technician help if required, adjust lighting in room and monitor room temperature and seating needs.

Technology Pavilion: Answer general questions on: accessing e-mail, using the Academy 2004 Tampa Message Center, printing press releases and attendance certificates; monitor and report equipment operating problems.

Selected student workers must be available for training from 6:30-7:00 a.m. prior to their assignment. No experience is required. Workers will be compensated at a rate of \$10.00 per hour of work. Checks will be mailed to them after the meeting.

Work assignments will be made on a first come, first serve basis. **Complete the response form below and transmit either by e-mail or fax the form to Deborah Brandt no later than Friday, October 29.** E-mail responses or questions may also be addressed to DeborahB@aaoptom.org .

Confirmation of work assignments will be sent by e-mail on Friday, November 5, 2004.

*****Response Form on Next page*****

Student Worker Application

Academy 2004 Tampa

REMINDERS

The response deadline is Friday, October 29, 2004. ALL of the text that follows MUST be completed and included in your response. You may transmit your response by fax to 301-984-4737.

Date:

Your Name:

Your Address:

Name of School:

Your Phone Number:

Your E-mail Address:

WORKER AGREEMENT

I would like to volunteer during the Academy Annual Meeting. I understand that if all the following requirements are not met I will not be paid. _____ (initial)

1. I have or will register for Academy 2004. _____ (initial)
2. Student workers must attend one training session. Training is scheduled from 6:30-7:00 a.m. on Thursday, December 9; Friday, December 10; and Saturday, December 11. The location of the training will be sent to you at a later date. Please note there will be no payment for attending the training. If you do not attend, you do not get paid for your work. You must attend training before you can work.
3. I will attend the _____ (indicate day) training session-ON TIME. _____ (initial)
4. I will work a minimum of 1 work session and arrive 30 minutes before the session begins. I realize there is no guarantee that I will be assigned the hours I request or be inside the room to listen to a specific lecture during the session I request. _____ (initial)

WORK ASSIGNMENT SESSIONS

We have eight work assignments sessions and they are identified immediately below. The time intervals for these sessions are based primarily on the schedule of education sessions that will be held during the meeting. The Technology Pavilion hours for each work assignment session are listed in parentheses for each block of time. Identify your 1st, 2nd, 3rd and 4th choices. Actual times scheduled may vary slightly from this listing. Assignments will be made on a first-come, first-serve basis.

Thursday, December 9

1. 7:00-Noon (same hours for Technology Pavilion); workers needed = 13
2. Noon-5:00 p.m. (same hours for Technology Pavilion); workers needed = 9

Friday, December 10

3. 7:00-Noon (same hours for Technology Pavilion); workers needed = 9
4. 12:30-5:00 p.m. (Noon-5:00 p.m. for Technology Pavilion); workers needed = 14

Saturday, December 11

5. 9:30-Noon (7:00-Noon for Technology Pavilion); workers needed = 9
6. 12:30-5:30 p.m. (Noon-5:00 p.m. for Technology Pavilion); workers needed = 13

Sunday, December 12

7. 8:30 a.m.-12:30 p.m. (7:00-11:00 a.m. for Technology Pavilion); workers needed = 10
8. 12:30-5:00 p.m. (11:00-3:00 p.m. for Technology Pavilion); workers needed = 11

I would like to work a minimum of _____ sessions.

I can work up to a maximum of _____ sessions.



DEPARTMENT OF THE ARMY
HEALTH CARE RECRUITING TEAM
905 WEST 175th STREET, SUITE 1SE
HOMEWOOD, IL 60430

REPLY TO
ATTENTION OF

RCMW-AM-5Z3A

October 2004

Dear Optometry Students,

As you plan for financing Optometry School, the U.S. Army is the largest of the Armed Forces branches and therefore we have the following 1, 2, and 3-year scholarship left. I want to make you aware of the Army Medical Department (AMEDD) Health Professions Scholarship Program (HPSP). Imagine attending Optometry School without part-time employment or most importantly not taking out any **student loans** while earning an **annual stipend over \$12,000 of extra income for 10.5 months each year**.

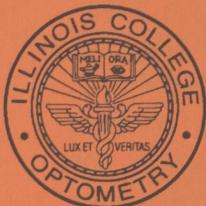
The Army Health Professions Scholarship Program, or the HPSP, provides **100% tuition, books, equipment and fees** to the **accredited optometry school of your choice**. In addition, you will receive a **monthly stipend of \$1,235.00 each month**. If your academic schedule allows, you will attend 45 days of training ADT(active duty training) each year at a military installation for which you will receive pay and allowances of approximately **\$5,470.00 as a second lieutenant**. Now, if your academic schedule doesn't allow then you will still receive credit for the 45 days of training at your current location. Once you enter your fourth year of optometry school, you will have the opportunity to perform clinical rotation (optional) at some of the Army's most prestigious medical facilities such as Hawaii, Washington, Texas, Washington D.C., Georgia and many other military locations.

To apply for the HPSP program, you must meet all basic eligibility criteria. First, you must be an **U.S. citizen** and be enrolled full time or have a **letter of acceptance** from an accredited optometry school in the United States or Puerto Rico. If you applied to an optometry school but have not yet been accepted, you are still eligible. You must be at least **21-36 years** of age and be able to pass a physical examination prior to your application being submitted. This scholarship has a **stringent boarding process** to find the **best** future **Army Optometrists** and is limited in recipients for the entire year, **so apply early**.

If you are **selected** for the scholarship program you will be obligated to serve **3-4 years** depending on the length of the scholarship that you get awarded. Upon the completion of optometry school you will serve in the Army as a **Captain** working in our paperless hospitals or clinics. You'll start receiving full pay and allowances as a CPT with no worries of malpractice insurance, and while serving in the Army you'll obtain valuable hands-on experience to perfect your craft.

Should you have any additional questions about the scholarship program, I'll be available on campus **October 19, 2004 in the Library Conference Room from 11:00 – 1:00pm**. I will also provide a **free lunch** for all optometry students. Please feel free to contact me, SFC Reliford (708) 647-8427 or via email Garde.Reliford@usarec.army.mil.

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

October 29, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out November 12, 2004, and the submission deadline is November 10.



CAMPUS NEWS

NOSA News

Optometry Vs Ophthalmology

NOSA will have a panel discussion addressing the coexistence of optometrists and ophthalmologists on November 18, 2004, in room 1200 at 6:30 p.m. Please make plans to attend this exciting event!

Go Skiing for a Weekend

The National Optometric Student Association is hosting the first ski trip of the year at Wisconsin's largest ski resort January 14-16, 2005. The resort has 3 mountains and 35 ski runs and trails that are guaranteed to match your skiing ability and daring skills. Experience an Austrian style ski village tucked into the heart of the "Big Snow Country" where it snows over 200" annually. What better way to take a break from studying and to celebrate the Dr. Martin Luther King Jr. Holiday weekend. Stop by our table outside room 1200 November 16-19, 2004 to get more details and to secure your seat. There is limited space, so don't miss out!

FCO Thank You

The members of the FCO would like to send out a BIG thank you to all who were able to



~ JACK-O-LANTERN ~

Jack-o'-lantern, Jack-o'-lantern,
you are such a funny sight
As you sit there by the window,
looking out at the night
You were once a sturdy pumpkin
growing on a vine
Now you are a Jack-o'-lantern,
see the light shine

support our 3rd annual raffle. We surpassed our goal by over \$300! All proceeds will go to support the missions trip to Haiti in February. The people of Haiti and FCO thank you.

Optometry Night Live!

This is a call to all students on campus. We need singers, dancers, musicians, comedians, magicians and whatever else you can do. The Optometry Night Live talent show will be held on Saturday, December 4th with a blind spot



before.

If you are interested in participating look for sign-ups around campus, or contact Joel Sollom, box 606 with your entry. The class with the best skit will receive a complimentary party from the Student Association.

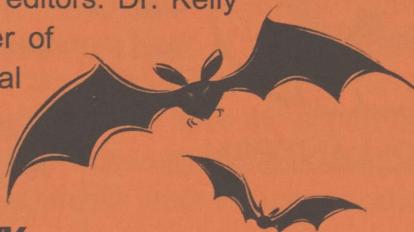
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that will be represented. Frames and sunglasses will be sold below wholesale so think about gifts for family and friends.

Peds in Cancun!

The Illinois College of Optometry Pediatric/Binocular Vision faculty, residents and students represented ICO at the recent *College of Optometrists in Vision Development (COVD) 34th Annual Meeting* in Cancun, Mexico this past October. Tonya Reynolds, Dr. Dominick Maino, Dr. Nathan Bonilla-Warford, Dr. Dennis Ireland, Rosemary Gonzalez, Dr. Darrell Schlange, Dr. Christine Allison, Dr. Helen Gabriel, Sara Fredrickson, and Melissa Baynard presented several research and case report posters during the meeting. Dr. Maino serves as the editor of COVD's *Journal of Optometric Vision Development* while Drs. Bonilla-Warford and Allison are column editors. Dr. Kelly Frantz is a member of the JOVD Journal Review Board.



Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

The Library's Ricoh photocopier/ printers on the first and second floors of the library, have many nifty features. They can copy or print double sided pages, and even automatically make three hole punches and staple! To direct a print job to these machines, click on the menu bar, File-Print and then use the arrow to scroll through the options. Ricoh 1st is on the first floor by the rest rooms, and Ricoh 2nd is in the small computer room next to the second floor lab. Click on the desired photocopier/printer. Choose properties to enable duplexing (2 sided copying), stapling and hole punching. Please ask a staff member for assistance if you need a personal lesson on how to use these options.

Google can be frustrating since so many of its initial hits are irrelevant or not reputable enough for research. **HealthWeb** is another

Internet source that is listed under the Library's homepage under "Websites." It contains links to health and medical websites that have been screened by librarians for accuracy and helpfulness. Ophthalmology and Optometry are both categories included.

Here are some new books for fall:

Dry Eye and Ocular Surface Disorders, edited by Pflugfelder, Beuerman, and Stern. RE216.D78 D79 2004

Strabismus Surgery: Basic and Advanced Strategies, Ophthalmology Monographs. RE771.S843 2004

Paediatric Optometry, by William Harvey. RE48.2.C5 H385 2004

Master Techniques in Cataract and Refractive Surgery, edited by Roy and Arzabe. RE451.M348 2004

Introduction to Geometrical Optics, by Milton Katz.. QC381.K3 2002

Neuro-Ophthalmology Manifestations of Systemic Disease, Ophthalmology Clinics of North America... RE1.07 v.17 no.3 2004

Strabismus, by Hmadri Datta. RE771.D28 2004

Origins and Early Development of Human Body Knowledge, by Slaughter and Heron. RJ134.O74 2004

The Library will have special hours during exams and fall break:

Sat., Oct. 30, 8:00 a.m. to midnight

Sun., Oct. 31, 10:00 a.m. to midnight

Finals Week

Mon.-Fri., Nov. 1-5, 7:00 a.m. to midnight

Sat., Nov. 6, 8:00 a.m. to 5 p.m.



Fall Break

Sun., Nov. 7, Closed

Mon.-Fri., Nov. 8-12, 8:00 a.m. to 5:00 p.m.

Sat., Nov. 13, 9:00 a.m. to 5:30 p.m.

Sun., Nov. 14, Closed

Mon., Nov. 15, Regular hours resume

Thank you for celebrating National Medical Library month and Happy Halloween!

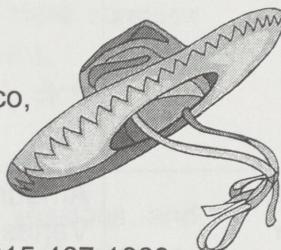
We Need You!

Mission Trips

I Care International is asking for your support.

Huatulco, Oaxaca, Mexico, Jan 12-20, 2005. Contact: Drs. Dan and Natalie Lieberman, 847-922-5255 or Jesse Gutierrez, 815-467-1863. \$550 for air travel and \$30 per person per night for hotel. Deadline is **November 5, 2004**

Villahermosa, Tabasco, Mexico, March 5-13, 2005. Contact Dr. Steve Storey 815-748-4541, Jesse Gutierrez, phone. 815-467-1863 \$570 and \$45 per person per night.



Fellowship in Contact Lens Care

The Jules Stein Eye Institute and Department of Ophthalmology David Geffen School Of Medicine at UCLA is offering a fellowship for graduating students from September 1, 2005 to August 31, 2006. Application deadline for this program is February 1, 2005. For more information check out the rack in the Student Affairs Office or contact Dr. Reeder, ext 7297.

Attention Third Years - Graduation Pictures

Please note - for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, **December 14 & 15, 2004** from 8 a.m. - 4 p.m. in the Gym. Reminders and sign up sheets have been posted on the third year bulletin board.r.



Time Change for Commencement 2005

For planning purposes, please note that Commencement will be held on May 21, 2005 at Rockefeller Chapel on the University of Chicago campus. This year's Commencement time is 11 a.m., which is different than in past years.

CLASSIFIEDS

Third and Fourth Year Students

Ocular Anatomy TA Positions

There are still a couple of openings for Ocular Anatomy TAs at the following times:

Tuesday 9-11am and 11-1pm

Wednesday 9-11am and 11-1pm

Thursday 9-11am and 11-1pm

Please contact me if interested (voicemail= x7180; [email RTRAGHIM@ICO.EDU](mailto:RTRAGHIM@ICO.EDU), note in my box).

Thanks, Dr. Trachimowicz

Proof Reader

The Library has a position open for a proof reader for our database, VisionCite. The job offers flexible, day or evening hours for an applicant who likes to keep up with the current literature and is detail-oriented. Please contact serials librarian, John Goss, ext. 7151 if interested.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The John Gyles Education Award	<ul style="list-style-type: none"> • Canadian or United States Citizen • Minimum of 2.7 GPA 	\$3,000	Send stamped 37cents envelope to receive an application to: John Gyles Education Award Attention: Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick Canada E3B 5G4 Send Applications by Nov 15, 2004
Dr. Leslie Mintz Scholarship New Jersey Society of Optometric Physicians Look under "Mintz"	<ul style="list-style-type: none"> • New Jersey Resident • 2nd, 3rd, or 4th year • Financial need 	Amount Varies	Deadline: November 30, 2004
Alcon 4th Year Optometry Student 2005 Scholarship Award –Case Study	<ul style="list-style-type: none"> • 4th Year Optometry Student • Write a case report that incorporates Alcon product 	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office
ASCO Student Award in Clinical Ethics Sponsored by Ciba Vision Care	<ul style="list-style-type: none"> • Electronic -Essay 1500 words • 3rd and 4th years 	\$1,000 and plaque	Feb 1 to Student Affairs Email attachment to: suher@eyecare.ico.edu Format in Word document
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	<ul style="list-style-type: none"> • Graduate level in a "helping profession" • Domicility in the greater Chicago metropolitan area 	\$500,000 funds available	March 1 st , 2005- to apply – www.jvschicago.org

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Making Strides Breast Cancer Walk

Thank you to everyone who participated and contributed to the Making Strides Against Breast Cancer Walk on Sunday, October 17. We raised over \$1,100.00 and had great attendance the day of the

event. Thanks again for making a difference!

Massage Therapy

Do finals have you stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder

impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, November 3 and Wednesday, November 17.

FREE Personal Training

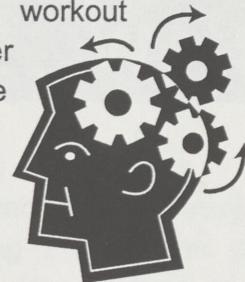
Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers **FREE** personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Ferine Ali, Emily Southcott, Donnie Hager, Randy Gunia, Danny David, and Greyson Barger all experienced fitness instructors and ICO students. Ferine can be reached through box 302, Emily can be reached through box 246, Donnie can be reached through box 46, Randy can be reached through box 528, Danny can be reached through

box 508 and Greyson can be reached through 489. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.



Eye on Wellness

Moving and Thinking

Two new studies found that staying active can help keep your brain in good shape along with the rest of your body. The first study tracked more than 2,200 men aged 71 to 93, and found that those who walked less than a quarter mile a day were nearly twice as likely to be diagnosed with dementia than those who walked more than two miles a day. Men who walked between a quarter and one mile daily had a 70 percent chance increased risk.

In the second study, which tracked almost 19,000 women aged 70 to 81 for at least nine years, those who exercised more had a 20 percent lower risk of cognitive impairment than those who exercised the least.

These studies reveal that women and men alike should aim to walk as much as possible each day to help keep your body and mind in tip-top shape.



National Optometric Association
Professionalism, Dedication, Diversity.



National Optometric Student Association
PRESENTS

OD/MD

The Coexistence of Optometry and Ophthalmology

Date: Thursday, November 18, 2004

Time: 7:00 P.M.

Room 1200

ADMISSION:

2 canned goods/non-perishable items
or a minimum \$1.00 donation

CONTACT:

nosa-ico@yahoo.com for more information

Sponsored By

VISTAKON
DIVISION OF
Johnson & Johnson
Vision Care, Inc.

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

November 12, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out December 3, 2004, and the submission deadline is December 1.



C A M P U S N E W S

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Welcome back! We hope you enjoyed your fall break.

A new poster is on display in the Library. "Significant Oculomotor Improvements Post Vision Therapy," by Rosemary Gonzalez, Dr. Dominick M. Maino, and Dr. Darrell Schlange will be exhibited through November 29.



Give me the end of the year an' its fun
When most of the plannin' an' toilin' is done;
Bring all the wanderers home to the nest,
Let me sit down with the ones I love best,
Hear the old voices still ringin' with song,
See the old faces unblemished by wrong,
See the old table with all of its chairs
An' I'll put soul in my Thanksgivin' prayers.

~ Edgar A. Guest, "Thanksgiving" ~

Lecture Room Improvements

The Lecture Center has received some major improvements for the Winter Quarter. Three new data projectors were installed in rooms 1200, 1201, and 1202. The new Sony projectors are two to three times brighter than the older ones.

The new projectors in rooms 1201 and 1202 were repositioned to show on the screens in both rooms and the image was lowered. It may be possible to leave half of the fluorescent lights on. In addition, the Lecture Center and Adams Center computers have been upgraded to play DVD's, CD-ROM's and 3.5" floppy disks. USB flash drives can be used to move data.

Several students have requested that the library begin recording the lectures digitally as MP3 files instead of using audiotapes. During the Winter Quarter, the library will experiment in room 1200 with both digital recording and continue the audiotapes. We will have the AV student post the MP3 files on a secured website where students can

log in to download the lectures. The lectures will remain on the website for the quarter. After the quarter ends the files will be deleted and **not** archived. This is similar to the current method of audio tape recordings. Let your class reps know how you feel about this or contact Mr. Dujcik directly.

Highlighted Library Website

The Library provides many useful links from our Websites page on the Library's homepage. One of them is MedlinePlus at <http://medlineplus.gov/> which provides free access to health information created by the National Institutes of Health and other trustworthy sources. Health science librarians in the National Network of Libraries of

Medicine identify and evaluate the information to be included in MedlinePlus.

The constantly growing MedlinePlus includes nearly 700 health topics, ranging from abdominal pain to yellow fever. The Library's webpage links directly to its eye section. This week's highlights include eye care clinical trials, color blindness simulations, news on how herbs and supplements can injure the eyes, eye anatomy, and other topics.

In addition, MedlinePlus boasts a hospital guide, a prescription and over-the-counter drug reference guide, a medical encyclopedia, a medical dictionary, and a guide to physicians and dentists. One of the most popular offerings on MedlinePlus is the interactive "health tutorials" that have colorful images and sound. There is also a daily feed of articles from major newspapers on current health topics. Among the useful links in MedlinePlus are ClinicalTrials.gov, NIHSeniorHealth.gov, and PubMed/MEDLINE.

New Books

Review Questions in Ophthalmology: A Question and Answer Book, Chern and Wright. RE49.C5 2005

Silicone Hydrogels: Continuous-Wear Contact Lenses, edited by D. Sweeney. RE977.C6 S55 2004

Contact Lens Complications, Nathan Efron. RE977.E35 2004

Blueprints Ophthalmology, Thomas E. Bournias. RE50.B685 2005

Glaucoma Diagnosis and Management, Deepak Gupta. RE871.G876 2005

Pediatric Retina: Medical and Surgical Approaches, edited by Harnett, et al. RE48.2.C5P455 2005

Basic Ophthalmology, Revised edition of: *Basic Ophthalmology For Medical Students And Primary Care Residents*. RE46.O65 2004

Phacoemulsification, editors, Sunita Agarwal, Athiya Agarwal, Amar Agarwal. RE451.A4 2004

Student Counseling and Enrichment Services

Beth Karmis, M.A., Director of Student Counseling and Enrichment Services

Academic Advising

Were you less than satisfied with your academic performance during the Fall quarter? Want or need to make a change? If you'd like to explore ways to enhance your performance, please contact me.

Counseling

Please remember I am available to provide counseling services for those issues outside the academic arena. Whether you or someone you know is experiencing depression related to the seasonal change, being homesick, stress brought on by the upcoming winter holidays, relationship issues, or just a problem you don't know who to talk to about – please know there is help available. My office is in the Wellness Center (3534) and I can be reached at extension 7415.

Tutoring

For students looking for tutors, the Winter Quarter tutor lists should be fairly well set by the 2nd week of the quarter. Lists and Tutor Authorization forms will be available in the Wellness Center.

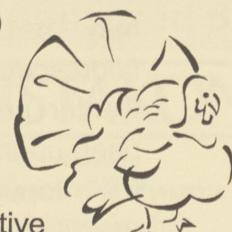
Potential Winter Quarter tutors, if you DID NOT tutor in the fall, please see me ASAP to complete the necessary paperwork. If you were a tutor in the fall, you'll be getting a note from me to confirm your status for the winter quarter.

Student Volunteers Needed

December 11, 10am -2pm Center for Independence - "Parents Day Out"

100 W. Plainfield, Countryside, IL 60525
(Right off LaGrange exit on 55-S)

The Center for Independence is a school for children with Cerebral Palsy that utilizes a therapy called "conductive



education" teaching its students to become more independent and self sufficient. On December 11 volunteers are needed to attend to and work with the students so that their parents may have a "free day" to prepare for the holidays. Holiday themed events and games are organized. No experience is necessary. A great opportunity as medical professionals to interact with bright, extraordinary children who are disabled.

If interested please contact Patty Herbst at (708) 588-0833 or e-mail her at PHERBST_1@msn.com. Please contact Dr. Kattouf x 7279 (vkattouf@eyecare.ico.edu) if you have questions

Wisconsin Club Event

All students are invited to attend Wisconsin Club's meeting "Experiences in Optometry" with speakers Dr. John Conto and Dr. Jane Bachman on **Monday, Nov. 15** from 7 pm to 8:30 pm in rooms 1200 and 1203

NOSA News

Optometry Vs Ophthalmology

NOSA will have a panel discussion addressing the coexistence of optometrists and ophthalmologists on November 18, 2004. in room 1200 at 6:30 p.m. Please make plans to attend this exciting event!

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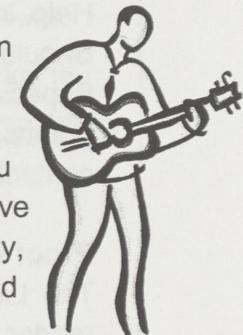
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If you are interested in participating look for sign-ups around campus, or contact Joel Sollom, box 606 with your entry. The class with the best skit will receive a complimentary party from the Student Association.

Attention Third Years - Graduation Pictures

Please note – for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, **December 14 & 15, 2004** from 8 a.m. – 4 p.m. in the **Gym**. Reminders and sign up sheets have been posted on the third year bulletin board.



Attention Fourth Years

Graduation Pictures

Please pick up your graduation pictures from the Student Affairs Office if you haven't done so already.

Time Change for Commencement 2005

For planning purposes, please note that Commencement will be held on May 21, 2005 at Rockefeller Chapel on the University of Chicago campus. This year's Commencement time is **11 a.m.**, which is different than in past years.

Lockers

If you are returning from your externship, please sign up for your locker in the Student Affairs Office. You can contact Kathy Brownfield at ext 7401 for more information.

CLASSIFIEDS

Research Assistant

Help in literature searches, processing, etc. Should have proficiency in Word, Excel, etc. Especially needs ability to form tables and graphs and possible senior project. Please contact – Dr. Sanford M. Gross, ext.-7314

Proof Reader

The Library has a position open for a proof reader for our database, VisionCite. The job offers flexible, day or evening hours for an applicant who likes to keep up with the current literature and is detail-oriented. Please contact serials librarian, John Goss, ext. 7151 if interested.

TAs

Dr. David Lee needs TAs for Color Vision labs on: Monday 2-4pm, Tuesday 3-5pm, and Thursday 2-4pm. Lab starts on the first week, call him ASAP at ext. 7174.



RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Southern College of Optometry, Memphis, TN

SCO provides residency programs in:

- Family Practice Optometry
- Pediatric Optometry
- Primary Eye Care
- Low Vision Rehabilitation

For more info check the residency files or go online at www.sco.edu/residency

University of Missouri-St. Louis, College of Optometry, St. Louis, MO

UMSL provides residency program in:

- Primary Care/Geriatric Residency
- Primary Care/Ocular Disease Residency
- Ocular Disease/Low Vision Rehabilitation Residency
- Cornea/Contact Lens Residency
- Pediatric/Binocular Vision Residency

For more info check the residency files or go online at <http://www.optometryresident.org>

University of California Berkeley, CA

UC Berkeley has six campus areas of study: Binocular Vision. Ocular Disease. Contact Lens. Pediatrics. Low Vision. and Primary Care

And three affiliate VA Programs:

Fresno VA, Palo Alto VA, and San Francisco VA

For more information check out the website http://optometry.berkeley.edu/programs/residency/resid_intro.html or check out the residency files in the Student Affairs Office.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

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Dr. Leslie Mintz Scholarship New Jersey Society of Optometric Physicians	<ul style="list-style-type: none"> New Jersey Resident 2nd, 3rd, or 4th year Financial need 	Amount Varies	Deadline: November 30, 2004
Look under "Mintz"			
Alcon 4th Year Optometry Student 2005 Scholarship Award –Case Study	<ul style="list-style-type: none"> 4th Year Optometry Student Write a case report that incorporates Alcon product 	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office
ASCO Student Award in Clinical Ethics Sponsored by Ciba Vision Care	<ul style="list-style-type: none"> Electronic -Essay 1500 words 3rd and 4th years 	\$1,000 and plaque	Feb 1 to Student Affairs Email attachment to: suher@eyecare.ico.edu Format in Word document
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	<ul style="list-style-type: none"> Graduate level in a "helping profession" Domicility in the greater Chicago metropolitan area 	\$500,000 funds available	March 1 st , 2005- to apply – www.jvschicago.org

The Student Affairs Office has more information, so stop by and check it out.



FITNESS CORNER

Winter Quarter Fitness Classes

The new fitness class schedule will begin on Monday, November 15. The classes are open to all fitness levels. Check out the new schedule for a listing of classes this quarter.

Massage Therapy

Sharita Davis, a certified massage therapist, provides massage at ICO. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, November 17 and Wednesday, Dec. 1.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Ferine Ali, Emily Southcott, Donnie Hager, Randy Gunia, Danny David, and Greyson Barger all experienced fitness instructors and ICO students. Ferine can be reached through box 302, Emily - box 246, Donnie - box 46, Randy - 528, Danny - box 508 and Greyson - box 489. Don't forget to leave

your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Facts About Office

Food

If you eat healthy at home, but can't figure out where those extra pounds are coming from you might



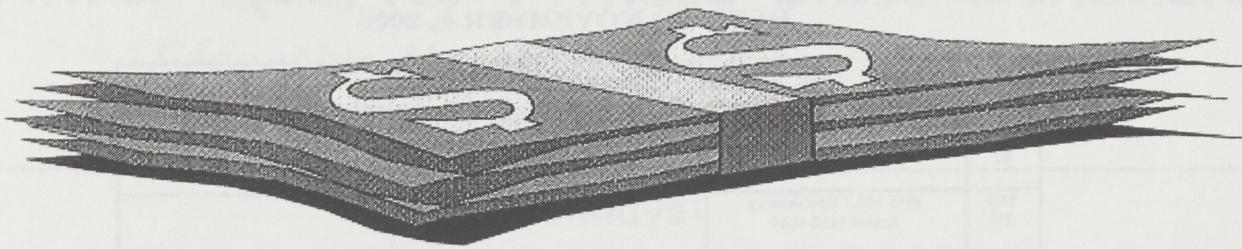
want to take a look in your office. A study conducted by The Shaw Group Inc., which produces a publication for the Wellness Councils of America, reported a few interesting findings on office food consumption.

- Sweets and chocolate represent 50% of all mid-afternoon snacks eaten in the office setting.
- More than 60% of office workers are likely to try a food or drink that a fellow worker is consuming.
- Workers have at least 2 or 3 snacking opportunities in the office each day.

Avoid office snacking pitfalls by stocking your desk with healthy alternatives. Many fruits, vegetables, and nuts are easy to store and offer great health benefits.

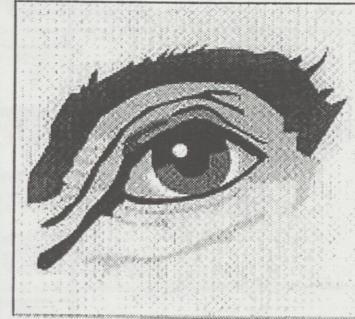
This information is provided by 2004 IDEA Fitness Journal

EARN



\$35 CASH

If you are a medium to dark eyed female age 16-49* and interested in trying on colored soft spherical contact lenses,



you are invited to participate in a clinical trial on...

* under 18 years of age must be accompanied by parent or guardian

Thursday, November 18th

From 3:00 PM - 7:30 PM

In the IEI Cornea/Contact Lens Suite (1st floor)

CIBA Vision, a world leader in contact lenses, will be conducting a clinical trial of spherical soft lenses (no toric lens wearers please).

You will be asked to wear three pairs of plano lenses taking about an hour of your time.

Please bring your glasses with you to the trial.

Please sign up now in the Cornea Center to participate.

Direct questions to Carol White (847) 321-7716.

WINTER 2004-2005 EXAM SCHEDULE

REVISED NOVEMBER 4, 2004

PLEASE NOTE THE ROOM ASSIGNMENT			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
12/1 W		BHS 254.2 Gen/Ocu Pharmacology Room 1200-1203	
12/2 TH	BHS 150.2 Biochemistry Room 1200-1203		
12/3 F		CLE 270.2 OphthalmicOptics III Room 1200-1203	
12/7 T	BHS 120.2 Geo/Theo Optics Room 1200-1203	BHS 263.1 Ocular Disease I Room 1201-1202	
12/10 F	BHS 107 Ocular Anatomy Room 1200-1203	CLE 262.2 Optometry 2.2 Room 1201-1202	
12/14 T			CLE 367 Low Vision Room 1201-1202
12/15 W	CLE 162.2 Optometry 1.1 Room 1200-1203	BHS 246 Visual Perception Room 1201-1202	
12/16 TH			CLE 376.1 Strab & Amblyopia Room 1201-1202
12/17 F	BHS 116.2 Human Physiology Room 1200-1203	BHS 245 Color Vision Room 1201-1202	
1/4/05 T	BHS 120.2 Geo/Theo Optics Room 1200-1203	BHS 248 Persp on Behavioral Disorders Room 1200-1203 ***12:30 PM***	
1/5 W			BHS 360.2 Clinical Medicine II Room 1201-1202
1/6 TH		CLE 270.2 OphthalmicOptics III Room 1200-1203	
1/7 F	BHS 107 Ocular Anatomy Room 1200-1203		
1/11 T	BHS 150.2 Biochemistry Room 1200-1203	BHS 254.2 Gen/Ocu Pharmacology Room 1201-1202	
1/13 TH			BHS-363.4 Gen/Ocular Emerg Room 1201-1202
1/14 F		CLE 262.2 Optometry 2.2 Room 1200-1203	
1/18 T	CLE 162.2 Optometry 1.1 Room 1200-1203		
1/19 W			CLE 367 Low Vision Room 1201-1202
1/20 TH	BHS 116.2 Human Physiology Room 1200-1203	BHS 263.1 Ocular Disease I Room 1201-1202	
1/24 M	BHS 120.2 Geo/Theo Optics Room 1200-1203		
1/25 T		BHS 246 Visual Perception Room 1200-1203	CLE 376.1 Strab & Amblyopia Room 1201-1202
1/27 TH	BHS 150.2 Biochemistry Room 1200-1203	BHS 248 Behav. Disorders Room 1201-1202 ***8 AM***	
1/31 M	BHS 107 Ocular Anatomy Room 1200-1203		
2/1 T		BHS 245 Color Vision Room 1200-1203	
2/2 W			BHS 360.2 Clinical Medicine II Room 1201-1202
2/3 TH		CLE 270.2 OphthalmicOptics III Room 1200-1203	
2/7 M	BHS 116.2 Human Physiology Room 1200-1203	BHS 254.2 Gen/Ocu Pharmacology Room 1201-1202	

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Winter Quarter Fitness Class Schedule

Effective Monday, November 15, 2004

Mondays:

12:00 pm - 12:45 pm

Pilates Matwork

Shelby

8:00 pm - 8:45 pm

Abs/Lower Body

Melissa

Tuesdays:

11:30 am - 12:30 pm

Steppin Dancing

Dedra

5:15 pm - 6:15 pm

Yogalaties

Kristie

8:00 pm - 8:45 pm

Gotta Dance

Melissa

Wednesdays:

12:00 pm - 12:45 pm

Power Cycling

Shelby

5:15 pm - 6:15 pm

Swing Dancing

Dodge

6:15 pm - 6:45 pm

Open Dance

Dodge

Thursdays:

12:00 pm - 1:00 pm

Boot Camp

Shelby

5:15 pm - 6:15 pm

Salsa

Kathy

8:00 pm - 8:45 pm

Power Cycling

Kristie

Fridays:

1:00 pm - 1:30 pm

30 Minute Cardio Circuit

Shelby

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

December 3, 2004

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out December 16, 2004, and the submission deadline is December 14.



CAMPUS NEWS

RA Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a 2005-2006 resident assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications will be available December 3rd. The deadline for the applications will be December 17th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it.

Attention 4th Year Students: Hotels Reservations

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, that is a very busy week-end in Chicago because of the restaurant convention. Many hotels, especially in the downtown area, book up VERY early.

All the leaves are brown
And the sky is grey.
I went for a walk
On a winter's day.
I'd be safe and warm
If I was in L.A.
California dreamin'
On such a winter's day

- Mammas and Pappas,
California Dreamin'



Bookstore News

Reminder: Pick up your Equipment Expo Orders of BIO/s, Diagnostic Sets and Trial Lens Sets. For those who were unable to pick them up during designated distribution dates, we have your items in the Bookstore. Receipts for your major equipment purchases will go to your student mailbox, please retain them for future reference. Once your receipt has been given, the bookstore will not be responsible for tracking your purchases. We suggest that you make a couple copies of major purchase receipts for insurance, tax, repair and other possible purposes.

Important: We are in the pilot stage of implementing a new computerized equipment repair request form. If you need to pick up repairs please do so ASAP. If you cannot pick up your repair then please email kshelton@eyecare.ico.edu with a description of your repair, name and id number, phone number and forwarding address information. This new system will allow us to keep you informed about the repair service.

Volk multi-lens cases will be available for exchange for your individual cases mid-Jan.

Sale!

Shop all day Thursday December 16th and till noon on Friday, December 17th and receive an additional 10% off clothing, novelty, and office supplies. This promotion does not include equipment, lab supplies and books. The bookstore has limited sizes and quantities so please shop early!

Bookstore Schedule

The Bookstore will close for the Christmas and New Year's Holiday. We will be closed Monday, December 20th through Friday, December 31st (Beverly's Birthday)! We will reopen for regular business hours on Monday, January 3rd, so please do your shopping early.

From the Mailroom: Holiday Mailing and Shipping Ideas

The mailroom will send your holiday cards out in the regular mail. Please have your pre-stamped cards bundled (with a rubber band) and put them in the out-going mail tray. If your cards need to be posted please give them to someone in the mailroom with the correct postage. The mailroom will accept a check made out to the order of ICO, however we can not accept credit cards. To insure delivery before the holidays, cards should be mailed no later than December 17th, 2004. If you are sending cards internationally, have them in the mail by December 12th or earlier. If you need a zip code, go to www.usps.com.

The mailroom can provide brown wrapping paper, package sealing tape and a place for you to wrap your packages.

Please remember that the only way we can send out a package **insured and trackable** is to ship it via UPS. UPS rates are usually less costly than 1st class mail and the heavier the package the greater the price difference. UPS cannot accept any packages that are addressed to P.O. Boxes. If you must send



your package using the USPS system please come down and wrap your package. You can then take your package to a United States Postal Station where they can insure the package.

Regarding shipping for the Holiday Season UPS has sent a Holiday Service Schedule. The Schedule will be posted on the bulletin board just outside the mailroom.

As always we have UPS and FedEx overnight and second day service. Please be aware that only FedEx service can be billed to your student account.

We are sorry but we do not accept credit cards, but checks are acceptable. Checks should be written to ICO.

If you need any other information we will be happy to help. Mailroom X-7085 or 7087

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Come view the new poster on display in the Library, "Vision Therapy Outcomes for a Patient with Constant Left Esotropia and Amblyopia: A Case Report". Tonya Reynolds and Dr. Dominick Maino are the co-authors. Please direct all questions to them. The poster will be replaced by another one on Monday, December 13th.

Lecture Room Improvements

A great big thank you to the classroom AV students, and the entire IS staff including Ahmed Mohammad, Joe Kowalisyn, and Matt Little. The library is now offering mp3 files of the first year lectures. We have been recording the lectures for the entire winter quarter but have had some technical issues that we think have been resolved. You may now listen to or download the audio files from <http://lectures.ico.edu>. Remember, these lectures are the **intellectual property** of the Illinois College of Optometry and the faculty member. Do **not** share them with non ICO

students or post them to the internet! Second and third year lectures will be recorded as mp3 files in January, 2005. For the rest of this academic year, the library will continue to record 60 minute audiocassette tapes also. Copies of those tapes will still be available from the 2nd floor Media Circulation Desk. For your convenience the library website page will have the web address listed. Here are the instructions:

Open up an internet browser like Internet Explorer.
Enter the address lectures.ico.edu
Click on NetStorage in the left column.
Click on Open NetStorage in the yellow box.
Answer Yes to the Certificate Security Alert.
Login with your Novell login (Student ID).
Open Lectures folder.
Open 1st Year Classes folder.
Find the folder for the class that you are interested in and open it.
Find the mp3 file that you would like to listen to or download. (With the library computers you should be able to use the headphone jack in the bottom front of the new computers. Play the mp3 file with Quicktime. There are some issues with Windows Media Player.) To download the file, go to Edit Copy or right click on the file name. The files are large, 33-51 meg. To download the file, you will probably need a USB flash drive. Do not forget to logout of NetStorage and close the browser.

At this time the files are only available inside the College firewall which includes the RC. We will open external access to the web site <http://lectures.ico.edu> later this month.

New Books

The Fifteenth Mental Measurements Yearbook, Ref. BF431 .B78 2003
Handbook of Learning Disabilities, edited by H. Lee Swanson, Karen R. Harris, Steve Graham. LC4704.H364 2003
Visuo-Spatial Working Memory and Individual Differences, by Cesare Cornoldi, Tomaso Vecchi. BF378.S54 C67 2003

Uveal Melanoma: a Model for Exploring Fundamental Cancer Biology, editors, M.J. Jager, J.Y. Niederkorn, B.R. Ksander. RC280.E9 U95 2004

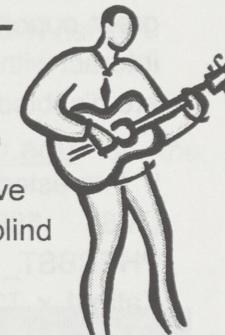
Clinical Anatomy of the Visual System, 2nd ed., by Lee Ann Remington. QM511 .R4 2005
Smolin and Thoft's The Cornea: Scientific Foundations and Clinical Practice, 4th ed. RE336 .C6 2005

Sankara Nethralaya Atlas of Neuro-Ophthalmology. RE725 .S36 2003

Sankara Nethralaya Clinical Practice Patterns in Ophthalmology, edited by S.S. Badrinath. RE46 .S25 2004

This Saturday Night - Optometry Night Live!

This Saturday, December 4th
don't miss Optometry Night Live
talent show at 7:00 pm with a blind
spot at 5:00 pm.



Skiing Weekend

The National Optometric Student Association is hosting the first ski trip of the year at Wisconsin's largest ski resort January 14-16, 2005. The resort has 3 mountains and 35 ski runs and trails that are guaranteed to match your skiing ability and daring skills. Experience an Austrian style ski village tucked into the heart of the "Big Snow Country" where it snows over 200" annually. What a better way to take a break from studying and to celebrate the Dr. Martin Luther King Jr. Holiday weekend. Stop by our table outside room 1200 December 6-10, 2004 to get more details and to secure your seat. There is limited space, so don't miss out!

Student Volunteers Needed

December 11, 10am -2pm Center for Independence - "Parents Day Out"
100 W. Plainfield, Countryside, IL 60525
(Right off LaGrange exit on 55-S)

The Center for Independence is a school for children with Cerebral Palsy that utilizes a therapy called "conductive education" teaching its students to become more independent and self sufficient. On December 11 volunteers are needed to attend to and work with the students so that their parents may have a "free day" to prepare for the holidays. Holiday themed events and games are organized. No experience is necessary. A great opportunity as medical professionals to interact with bright, extraordinary children who are disabled.

If interested please contact Patty Herbst at (708) 588-0833 or e-mail her at PHERBST_1@msn.com. Please contact Dr. Kattouf x 7279 (vkattouf@eyecare.ico.edu) if you have questions.

Attention Third Years - Graduation Pictures

Please note - for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, **December 14 & 15, 2004** from 8 a.m. - 4 p.m. in the **Gym**. Reminders and sign up sheets have been posted on the third year bulletin board.

Announcement Postings

Please post announcements according to the guidelines listed on pages 68-70 in the Student Guide. Signs posted on the glass doors will be removed.

Weather Hotline

Call 312-949-SNOW (7669) to find out if school is closing because of weather.



C L A S S I F I E D S

Workstudy

Dependable workstudy needed to perform visual field testing Monday and/or Tuesday morning, Tuesday and/or Wednesday afternoon. Please contact Mary Rutherford by phone at 7222 or stop in Advanced Care.

Workstudy in Cornea Center

Workstudy help needed in the cornea center for clinical excellence. Help needed with lens verification, orders, and returns. Additional duties may include calling patients and assisting with materials orders.

Dr. Renee E. Reeder extension 7297

Work Study Needed:

A Suite Technician is needed for Suite 1 and Suite 2 on Monday mornings (8:45 am - 11:30) during Winter quarter. The position involves helping pass out patient charts, ordering supplies, and doing visual fields. Please let Dr. Rozwat know if you are interested at x 7179.

Research Assistant

Help in literature searches, processing, etc. Should have proficiency in Word, Excel, etc. Especially needs ability to form tables and graphs and possible senior project. Please contact - Dr. Sanford M. Gross, ext.-7314

R E S I D E N C I E S

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

From Dr. Stephanie Messner:

I have begun putting information that I have received from various residency programs in fourth year student mailboxes. In those instances when I receive an insufficient number of pamphlets to distribute to all 4th year students, information is placed in the

Residency File in the Student Affairs Office. Information about the following residency programs is now available in this file:

Brochures from Pacific University College of Optometry

Includes information on the following programs:

1. Primary Eye Care (Roseburg VA, Oregon)
2. Primary Eye Care/Refractive and Surgical Co-Management (Wainright VA, Walla Walla, WA)
3. Ocular Disease/Refractive and Ocular Surgery (Eyecare Associates of Nevada, Reno)
4. Primary Eye Care/Geriatric Optometry (Spokane VA)
5. Primary Eye Care (Portland VA)
6. Geriatric Optometry/Primary Care (VA Puget Sound, Tacoma, WA)
7. Contact Lens and Primary Care (Alaska Eye Care Centers,

Anchorage, AK)

8. Vision Therapy and Rehabilitation
- Pediatric Optometry (PUCO)
9. Cornea and Contact Lenses (PUCO)

New England College of Optometry

Residency Programs 2005-06

- Family Practice Optometry
- Pediatric Optometry
- Cornea and Contact Lenses
- Ocular Disease
- Geriatric Optometry
- VA Primary Eye Care
- VA Ocular Disease
- VA Primary Eye Care/Geriatric Optometry
- VA Primary Eye Care/Low Vision Rehabilitation

Visit website at www.neco.edu or the Student Affairs Office.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4th Year Optometry Student 2005 Scholarship Award –Case Study	<ul style="list-style-type: none">• 4th Year Optometry Student• Write a case report that incorporates Alcon product	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office
ASCO Student Award in Clinical Ethics Sponsored by Ciba Vision Care	<ul style="list-style-type: none">• Electronic Essay 1500 words• 3rd and 4th years	\$1,000 and plaque	Feb 1 to Student Affairs Email attachment to: suher@eyecare.ico.edu Format in Word document
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	<ul style="list-style-type: none">• Graduate level in a "helping profession"• Domicility in the greater Chicago metropolitan area	\$500,000 funds available	March 1 st , 2005- to apply – www.jvschicago.org

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Winter Quarter Fitness Classes

Please remember to check the gym door and the bulletin board outside the gym for fitness class updates.

Polar Bear 2005

The cold weather is here and Polar Bear 2005 is right around the corner. All sign-ups are due December 17 and you will start logging your miles on January 10. Please call Shelby at X7460 with any questions

Massage Therapy

Do the approaching holidays have you stressed? Are you sore? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, Dec 15 and Wednesday, Dec 29.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

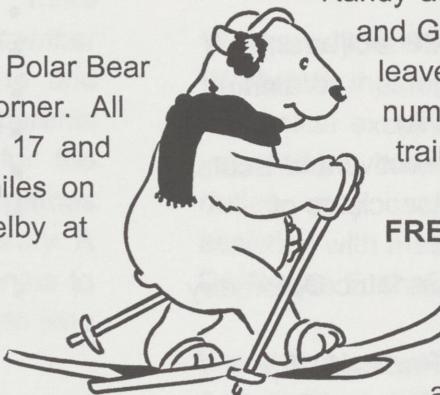
The ICO Fitness Center offers **FREE** personal training. Our trainers are

available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, and Greyson Barger all experienced fitness instructors and ICO students. Emily can be reached at box 246, Donnie at box 46,

Randy at box 528, Danny at box 508 and Greyson at 489. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.



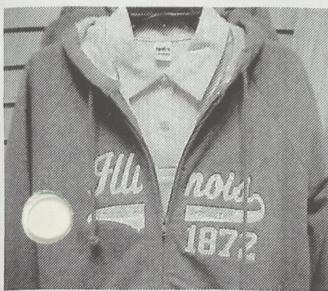
Eye on Wellness

Tai Chi Good for College Coeds

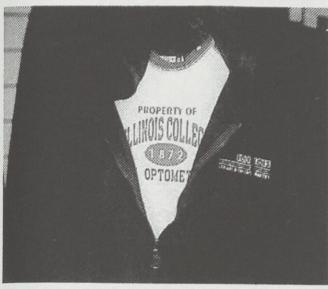
A study published in the *American Journal of Chinese Medicine* reported that thirty college coeds who participated in biweekly tai chi programs for 3 months at Georgia State University in Atlanta had an improved perception of both physical and mental health. Physical measures of bodily pain and general health improved after 3 months of tai chi, whereas measures of mental and emotional function, vitality and mental health showed significant improvement.

Visit www.collagevideo.com and check out Scott Cole's AM and PM Tai Chi Set on VHS or DVD for a great beginner/intermediate workout.

This information is provided by 2004 IDEA Fitness Journal



1872 Zipper Hoody –
Grey with Pink Applique
Or Pink with Grey Applique/S M L XL 2XL
\$36.99 Best Seller
Pink Polo with Grey Left Chest Print **\$24.99**



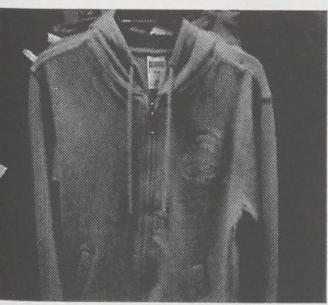
Navy Zipper Hoody w Embroidery w/ White Embroidery/S M L XL
\$36.99
Baseball T – White with Navy Contrast Cap
Sleeve Female Fitted or
Male w/Short Sleeve
S-XL \$14.99 each
Buy 2/10% off



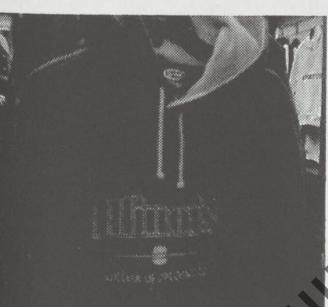
Sports Grey Pullover Hoody with Navy and White Applique or Sports Grey with Pink and White Applique
Best Seller
M L XL 2XL 3XL 4XL
\$39.99



Crewneck in Grey with Black and Silver Embroidery or
Navy with Blue and Silver Embroidery
M – 2XL
\$36.99



2 PC ICO Emblem Embossed Hooded Zip Sweat with Full Legged Matching Jogger with Drawstring
S-2XL
Jacket \$36.99
Jogger \$26.99
10% off when you buy both pieces.



Navy with Orange Contrast Hoody and Print
Or Black with Red Contrast
M-2XL
\$39.99

NOT SHOWN:
Ultimate Heavyweight
Contrasting Thread – Full Front ICO Applique
Sweatshirt in 3 colors: Light Grey, Dk Grey , Slate Blue S-2XL \$43.00

ICO Huge Throw Blanket **\$26.99**

ICO Dorm Pillow (Blk, Nvy, or Grey) **\$10.00 each**

ICO Navy XLarge Traveler/Gym Bag - **\$ 34.99**

Custom ICO Golf Rosewood Golf Pen/Roller Set in Custom Case **\$31.99**

FAVORITE – Chenille Beany Bear
With Custom ICO Navy Sweater **\$8.99 each** Bear
Colors: Blue, Brown, Cream, Burgundy & Gold



Illinois College of Optometry Bookstore

3241 South Michigan Avenue – 2nd Floor

Chicago, Illinois 60616

Telephone (312) 949-7471

Fax (312) 949-7650



Open: 9:30 am – 4:30 pm

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FOCAL POINT

ICO Student Newsletter

Editor: Kathy Brownfield x7401

December 16, 2004

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C A M P U S N E W S

Dr. Colip's Holiday Message

This will be the last newsletter that you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that perhaps you have not had much time to relax and enjoy the beauty of the holiday season.

The holidays will hopefully present each of you with some much needed time for rest and reflection. I urge each of you to use some of that time to reflect upon your career development to this point. You each selected ICO's excellent doctoral education program to assist you in becoming an outstanding doctor of optometry. This is accomplished in a number of ways both in and outside of the classroom. Take some time to reflect upon your personal development. Are you progressing at the rate that you want? Are you getting everything possible out of your ICO education? Most find that what you get out of your education is directly related to the amount of effort that you have put into it. Have you been putting in maximum effort?

As I have opportunities to visit with alumni, both young and old, all reflect positively upon their years at ICO. All affirm that the program was a great

challenge. Virtually all further indicated that they wish that they had periodically stepped back and looked at the "big picture" of their overall preparation for entering practice along the way. All indicated that they wished they had done more in seeking out references to assist them in preparation for some of the really big decisions that they would face upon entering practice.

Perhaps the holidays would be a good time for you to begin this process and set some personal goals to fulfill upon your return to the many outstanding resources available to you during your remaining time at ICO.

In closing, let me issue my yearly challenge to each of you to take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of Santa Claus.

This is a wonderful season and you should enjoy its magic.

Best wishes to all for safe travels and happy holidays! See you next year!



Digitized by Illinois College of Optometry Library

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

The Library will be open for limited hours during the holidays.



Fri., Dec. 17 - 8 am to 2 pm

Sat.-Sun., Dec. 18-19 – Closed

Mon.-Wed., Dec. 20-23 - 8 am to 5 pm

Thu.-Sun., Dec. 23-26 – Closed

Mon.-Wed. Dec. 27-29 - 8 am to 5 pm

Thu.-Fri., Dec. 30-Jan 2 - Closed

Mon., Jan. 3 - Regular hours resume

If you missed attending the American Academy of Optometry (AAO) meeting in Tampa, you still can see posters! Come and view the new poster on display in the Library: "Vision Therapy as an Additive/Alterative Treatment for Attention Deficit/Hyperactivity Disorder. Doctors Darrell Schlange, L. Streiff, and C. Hand are the co-authors. Please direct all questions to them. The poster will be replaced by another one in January.

Lecture Room Improvements

The library is now offering mp3 files of the first year lectures. We have been recording the lectures for the entire winter quarter but have had some technical issues that we think have been resolved. You may now listen to or download the audio files from <http://lectures.ico.edu>. Remember, these lectures are the **intellectual property** of the Illinois College of Optometry and the faculty member. Do **not** share them with non ICO students or post them to the internet! Second and third year lectures will be recorded as mp3 files in January, 2005. For the rest of this academic year, the library will continue to record 60 minute audiocassette tapes also. Copies of those tapes will still be available from the 2nd floor Media Circulation Desk. For your convenience the library website page has the web address listed. Here are the instructions:

Open up an internet browser like Internet Explorer.

Enter the address <http://lectures.ico.edu>

Click on NetStorage in the left column.

Click on Open NetStorage in the yellow box.

Answer Yes to the Certificate Security Alert.

Login with your Novell login (Student ID).

Open Lectures folder.

Open 1st Year Classes folder.

Find the folder for the class that you are interested in and click on it.

Double click on the mp3 file that you would like to listen to or download. (With the library computers you should be able to use the headphone jack in the bottom front of the new computers. Play the mp3 file with Quicktime.

There are some issues with Windows Media Player that the IS dept is working on). You will probably need a USB flash drive to save the files or save them to a CD-R because the files are large, 33-51Meg.

When finished, please do not forget to logout of NetStorage and close the browser.

At this time the files are only available inside the College firewall which includes the RC. We will open external access to the web site <http://lectures.ico.edu> later this month. If you have any trouble listening to the lectures, please contact the Library for assistance.

New Books and Recordings

Just in time for the holidays! The Library has some new fiction for your enjoyment.

Dr. Maino graciously donated some books on tape to the Library, which are shelved in the second floor media desk. Audio materials may be checked out for four weeks. The audio novels of *Sharpe's Company* and *Sharpe's Enemy* tell heroic tales of Richard Sharpe, who swashbuckles and romances his way through the Napoleonic Wars. (These books also were made into a popular BBC/PBS miniseries.) On tape as well is James Clavell's *Escape*, an epic of love and escape after the Iranian revolution.

We also have new fantasy/science fiction novels by Tad Williams, Gene Wolfe, R.A.

Salvatore, Ben Bova, and Orson Scott Card; new thrillers by Dale Brown, Dan Brown, and Steve Allen and Stephen Coontz; mysteries by Stephanie Bond and Perri O'Shaughnessy, and even some Harlequin romances. These are just a small sampling of our recreational reading, which are shelved on the second floor of the Library and on the rotating stand by the first floor computer lab.

Happy Holidays and we look forward to seeing you in 2005!

GET INVOLVED IN THE AOSA!!!

The American Optometric Student Association (AOSA) is now accepting applications to serve as National Liaison in the following positions:

- American Academy of Optometry (AAO)
- American Public Health Association (APHA)
- American Optometric Association/Political Action Committee (AOA-PAC)
- Armed Forces Optometric Society (AFOS)
- Association of Schools & Colleges of Optometry (ASCO)
- College of Optometrists in Vision Development (COVD)
- Optometric Extension Program Foundation (OEPF)

National liaisons represent all 5,300+ students of optometry to each of the above-listed organizations. They work directly with the groups' leaders to provide student input to issues impacting these organizations. Liaisons travel to the organizations' annual meetings, participate in working groups, and

report to the AOSA Board of Trustees at the annual AOSA Conference. They also coordinate the efforts of local liaisons at each of the 19 schools of optometry.

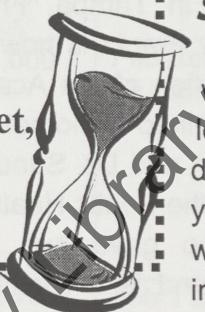
If you are interested in working directly as a spokesperson for all optometry students and want to work closely with leaders of the organizations above, please email Al Licup (AOSA Trustee) at alicup@eyedoc.ico.edu or Bre Paul (AOSA Trustee-Elect) at

bpaul@eyedoc.ico.edu

for an application. The deadline for applying is January 10, 2005.

Wanted: T-Shirt Designers

Have you always wanted to design a logo or create a fun design? Well here's your chance. FCO would like anyone interested in designing a t-shirt for our upcoming fundraiser to contact Bethany LaValle, Box 659 before January 15th, 2005. FCO will be having a t-shirt design contest this spring and would like to hear from anyone interested. The contest winner receives a free t-shirt and gift certificate. Happy Designing!



Chicago Area Schweitzer Fellows Program

Albert Schweitzer left his career as a philosopher and musician to attend medical school, specifically to provide medical care to the needy in Africa. Originally delivering health care out of a chicken coop, he eventually set up hospital in Lambarene, Gabon, and committed himself to an ethical ideal of "reverence for life." In this spirit, 30 health-related students are selected each year to design a community service project in Chicago or Suburbs. 200 hours of service are expected and Fellows receive \$2000 both to underscore the seriousness of their work and to ensure that students who are already

struggling financially are not discouraged from participating. Interested students should reflect on the unmet health-related needs that currently exist in Chicago and on the ways in which their own energies and talents might contribute, even in small ways, to ameliorating some of these problems. Applications must be received by 5pm on Friday, February 4, 2005. More information can be found in the Student Affairs Office or online at <http://www.hmprg.org/sch-index.html>.

Peds/BV Faculty Leaders at AAO

The ICO Pediatric/Binocular Vision faculty demonstrated significant scholarship and leadership at the American Academy of Optometry meeting in Tampa, FL this past December. Dr. Kelly Frantz is now the Chair of the Peds/BV Section of the Academy, Dr. Christine Allison attained Diplomate status in the Peds/BV Section and Dr. Sandy Block is now a Diplomate in the Public Health Section. Dr. Dominick Maino gave two continuing education courses and is a member of the Admissions Committee of the Academy while Dr. Allison and Dr. Val Kattouf also lectured on pediatrics, topical drug use and amblyopia. Drs. Darrell Schlange, Kelly Frantz, Brian Caden, Steve Beckerman, Christine Allison, Melissa Sigler and Dominick Maino gave research presentations and posters.

Give Your Browser Security Features an Update

Ahmed Mohammad

As new vulnerabilities in Internet Explorer are discovered and patched on a regular basis, the unsuspecting Internet user can easily jeopardize their computer's security if the most current patches aren't installed regularly. To check whether your IE is up to date, go to Internet Explorer Critical Updates at one of the following URLs, depending on your operating system:

Windows:

www.microsoft.com/windows/ie/downloads/critical/default.mspx

Macintosh:

www.microsoft.com/mac/downloads.aspx#IE

How to check Version of Internet explorer on your computer.

- 1) Launch Internet explorer
- 2) Click on Help and select about Internet explorer

From: The Mailroom

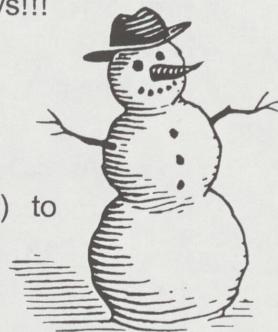
Student mail is not forwarded to the students during the Holiday Season.

Your mail is delivered to your mailboxes, awaiting your return from Holiday Break.

Externship mail will be sent on Friday, December 17, 2004. We will not be sending externship mail again until January 3rd or 4th 2005.

If you have any questions please call X7085.

Ho Ho Ho and Happy Holidays!!!
Helena (Daisy) Varkalis



Weather Hotline

Call 312-949-SNOW (7669) to find out if school is closing because of weather.

C L A S S I F I E D S

Workstudy

Workstudy needed for Optical Services/Material Management. Flexible hours. Contact Donna Hartner @ EXT. 7266 or stop by Material Management Dept located next to Contact Lens Dept.

R E S I D E N C I E S

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Soroptimist International of the Americas Midwest Region: Virginia M. Wagner Award Project	<ul style="list-style-type: none"> • Women in Midwest region • Attending college or university working towards a bachelors, masters or doctoral degree • 	Starts at \$500 and regional winner is \$1500	January 17, 2005 Willye Tillman 5000 South Cornell Ave. #8D Chicago, IL 60615 773-667-7788 www.soroptimist.org
Alcon 4th Year Optometry Student 2005 Scholarship Award –Case Study	<ul style="list-style-type: none"> • 4th Year Optometry Student • Write a case report that incorporates Alcon product 	\$1,000 for each school, \$5,000 National winner	January 31, 2005 to Student Affairs Office
American Optometric Association Student Leadership Award	<ul style="list-style-type: none"> • Third year student • Leadership role • One page curriculum vita • Statement about leadership role • Statement reflecting on leadership experience (%35) 	\$1,000	February 1, 2005 – To Student Affairs Office
ASCO Student Award in Clinical Ethics Sponsored by Ciba Vision Care	<ul style="list-style-type: none"> • Electronic -Essay 1500 words • 3rd and 4th years 	\$1,000 and plaque	Feb 1 to Student Affairs Email attachment to: suher@eyecare.ico.edu Format in Word document
Chicago Area Schweitzer Fellows Program	<ul style="list-style-type: none"> • Health professions, Graduate level-degree in Chicago Area • Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life • Projects include 200 hours direct service, Site mentor, Faculty Mentor, Written report 	\$2,000 stipend	Applications received by Friday, Feb 4, 2005 to The Chicago Area Schweitzer Fellows Program c/o Health and Medicine Policy Research Group 29 E. Madison Street, Ste 602, Chicago, IL 60602 http://www.hmpg.org/sch-index.html kristin.hmpg.org
Varilux Student Grant Award Program	<ul style="list-style-type: none"> • Third and Fourth Year Students • Case report – maximum length 2000 words • 	\$1,000	Papers to Student Affairs Office by March 1, 2005

AOSA – Vistakon Travel Grant Essay Contest Look under AOSA	<ul style="list-style-type: none"> • 500 word maximum essay on how to improve the profession • Student in good academic standing 	2/\$500 Travel Grants	Papers due March 1, 2005 to Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	<ul style="list-style-type: none"> • Graduate level in a "helping profession" • Domicile in the greater Chicago metropolitan area 	\$500,000 funds available	March 1 st , 2005- to apply – www.jvschicago.org
The 2005 Dr. Seymour Galina Grant Look under Galina	<ul style="list-style-type: none"> • Third year student – class of 2006 in good standing in AOSA • Paper not to exceed 1500 words on specific subject 	\$2,500	Papers due to Student Affairs Office 4/15/05
AOA Patrick Everett Cummings Memorial Scholarship Fund (Look under AOA – Cummings)	<ul style="list-style-type: none"> • Third year member with AOSA and AOA • Good academic standing • Submit resume • Paper less than 1500 words 	\$3,000	<p>March 15, 2005 to Student Affairs Office</p> <p>ICO selection is submitted to the AOA. One overall recipient will be selected from all applications AOA receives.</p>

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Polar Bear 2005

Polar Bear 2005 is right around the corner. All entry forms are due by Friday, December 17. Please contact Shelby at X7460 for more information.

Massage Therapy

Do the approaching holidays have you stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table

massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, December 29 and Wednesday, Jan. 12.

FREE Personal Training

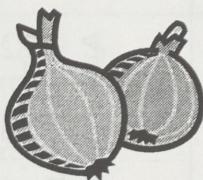
Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center offers FREE personal training. Our trainers are

available on an appointment-only basis to provide one-on-one training sessions. Your trainers are Emily Southcott, Donnie Hager, Randy Gunia, Danny David, and Greyson Barger all experienced fitness instructors and ICO students. Emily can be reached through box 246, Donnie can be reached through box 46, Randy can be reached through box 528, Danny can be reached through box 508 and Greyson can be reached through 489. Don't forget to leave your full name, phone number, and your preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.



Eye on Wellness

The Produce Update

A recent AC Nielson poll of 2,472 people revealed that an

overwhelming 85% of consumers are not eating the federally recommended minimum of five servings of produce a day. And nearly 60% think eating one to four servings is enough for a healthy diet; 205 said one or two servings is enough. The government currently recommends two to four servings of fruit and three to five servings of vegetables daily. However, they will be updating these guidelines, and it is expected that the recommended servings will be increased. Try adding a variety of colorful fruits and vegetables to your meals to get your recommended daily servings.

This information is provided by *Personal Fitness Professional*



SCHEDULE OF FINAL EXAM

December 13, 2004

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 12	February 14	February 15	February 16	February 17	February 18	February 19
9:00 – 11:00	BHS 107 Applied Ocular Anatomy	BHS 263.1 Ocular Disease	CLE 262.2 Optometry 2.2		BHS 116.2 Human Physiology	BHS 120.2 Geometrical & Theoretical Optics	CLE 194 Health Promotions
11:30 – 1:30		CLE 162.2 Optometry 1.1	BHS 150.2 Biochemistry II				
1:45 – 3:45	CLE 376.1 Strabismus & Amblyopia	BHS 360.2 Clinical Medicine II	BHS 363.4 General & Ocular Emergencies		BHS 245 Color Vision	BHS 246 Visual Perception	
2:30 – 4:30							CLE 270.2 Ophthalmic Optics III
4:00 – 6:00	BHS 254.2 Pharmacology				CLE 367 Low Vision		

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE
MONDAY, FEBRUARY 21 AND TUESDAY, FEBRUARY 22.

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